



Guidelines for Screening Day

For the most accurate test results, follow the guidelines below. If you have any questions about your medications or current medical condition, please contact your physician.

- ❖ Do not eat 12 hours before your scheduled test.
If you are a known diabetic, hypoglycemic or on medication, please consult with your healthcare provider for instructions regarding fasting.
- ❖ Continue taking all regular medications, as prescribed by your provider.
- ❖ Stay well hydrated leading up to your scheduled test. Drink plenty of water the day before and the day of your appointment. You may drink black decaf coffee (no sweetener or creamer) on the day of your screening.
- ❖ Limit your intake of salt and high cholesterol foods 24 hours prior to your appointment.
- ❖ Avoid strenuous exercise for 24 hours prior to your scheduled test.
- ❖ Please come to the screening 5 minutes prior to your appointment time in order to complete any necessary paperwork.

My Health. My Life.

