

**Following simple guidelines prior to your Paramedical examination is key to ensuring accurate results. These steps may improve your rating, possibly save you money, increase your insurance coverage and help you attain the most favorable and accurate exam results:**

- Fast for 4-8 hours prior to the exam and try to schedule the exam for first thing in the morning, prior to eating
- Limit salt and high-cholesterol foods 24 hours prior to the exam
- Refrain from drinking alcoholic beverages for at least 24 hours prior to the exam (can increase fat in blood and liver functions)
- Limit caffeine and nicotine 24 hours prior to the exam (can increase blood pressure, cholesterol)
- Smokers — do not smoke 30 minutes prior to exam (tends to constrict artery walls and elevate blood pressure)
- Drink a glass of water one hour prior to the exam
- Get a good night of sleep prior to the exam

Helpful Reminders:

- Be prepared with a photo ID at the time of the exam
- Provide names and dosages of current medications
- Provide any history of problems associated with providing a blood sample
- Women — please mention to the examiner if you are menstruating at the time of exam (can cause blood in the urine specimen)
- Have information cards available, including member numbers, for any current health insurance
- Have available names, addresses and phone numbers of any doctors or clinics visited in the last five years
- Tell the examiner if exercise is a regular activity
- Tell the examiner if vitamins or aspirin are taken on a daily basis

If you have experienced one of the following impairments, follow these additional guidelines:

#### HYPERTENSION

- Avoid stimulants (caffeine, alcohol, cigarettes)
- Schedule a morning exam
- Have the examiner take blood pressure after the client has had a chance to relax — three attempts at 10 minute intervals

- Take usual medications

## DIABETES

- Schedule the exam for 2'1/2 hours after a meal (no sweets or sugars after the meal), but if blood is being drawn, fast for 4-8 hours prior to the exam
- Empty bladder right after meal
- Drink 1-2 glasses of water before the exam

## URINARY SPECIMEN PROBLEMS (albumin, RBCs, sugar. etc.)

- Empty bladder right after meal
- Drink 2-3 glasses of water before the exam
- Avoid sweets or foods with sugar content before the exam
- Avoid strenuous exercise, such as running, for 24 hours prior to the exam

## CORONARY, EKG PROBLEMS

Avoid stimulants

Don't hesitate to contact Mitchell & Mitchell with any questions you may have specific to ***Paramedical*** Exams.