

Tips for the Best Possible Medical Exam:

- Avoid caffeine for 24 hours prior to the exam.
- Don't use tobacco products for at least 3 hours prior to the exam.
- Schedule for a time when you are relaxed and completely rested. For most, this is morning. Remember to get a good night's sleep.
- Do not have breakfast before the exam. 12 hour fasting is best.
- Don't drink alcohol for at least 36 hours before the exam.
- Avoid salt for 3-4 days before the exam to avoid adverse blood pressure reading. Also avoid rich foods and those with large amounts of sugar.
- Be ready for the exam a few minutes early ~ a short period of relaxation does wonders to relieve tension and lower blood pressure.
- Avoid strenuous exercise 24 hours before the exam because it often causes abnormal lab readings.