

Client Prep: Tips for a Successful Exam

- Advise the client that most exams require body measurements, as well as blood & urine samples
- Drink plenty of water for several hours prior to the exam
- Stay on your medications & know your medication information
- Fasting recommended. Exceptions: Diabetic, pregnant, or physician's advice
- Gather medical history
 - Physician names, phone number, address, reason for the visit, & month/year of the visit
 - Prescriptions, including name, dosage, and frequency
- Avoid these for 24 hours prior to the exam
 - Decongestants
 - Alcohol
 - Tobacco
 - Caffeine
 - Exercise (*Exercise may result in elevated levels of blood biomarkers like the liver enzymes ALT and AST, creatine kinase, and hsCRP—which are related to muscle breakdown & inflammation.*)

Note: Following these tips does not guarantee insurability or particular rates, which are determined solely by the insurance carrier.

