

Applicant Name: _____

Date/time of exam: _____

PREPARING FOR YOUR EXAM

Below are some tips to avoid artificially high blood pressure/pulse readings and to ensure the best examination results:

TWO DAYS PRIOR TO YOUR EXAM:

- Avoid foods unusually high in salt content
- Avoid rich foods
- Avoid foods high in sugar
- Avoid any strenuous exercise

24 HOURS PRIOR TO YOUR EXAM:

- Avoid all alcoholic beverages
- Avoid using nasal decongestants, aspirin containing acetaminophen and Ibuprofen
- Get plenty of sleep

DAY OF YOUR EXAM:

- Avoid tobacco of all forms and caffeine beverages at least one hour before your exam
- Drink a large glass of water 1 hour prior to your exam so you can easily obtain a urine specimen
- Do not eat breakfast

Make a list of all your current medications including dosage, frequency and the prescribing physician to save time during the exam.

Should you have any questions or concerns about your exam or the fasting requirements, please feel free to call me at _____ or email me at _____.

Thank you!



lead and innovate

Insurance Examiner