

## **Preparing for Physical Exam or Fasting Bloodwork**

If you have been advised by our office to fast for your physical exam:

1. Do not eat or drink anything but water, black coffee or black tea for at least 6 hours prior to your appointment. For early morning appointments, midnight is often used as the cut off.
2. You may take your usual medications even while fasting. However, if you are a diabetic who uses insulin, please discuss with your physician.

Additional preparation for physical exam:

1. Do not apply lotion (in case an EKG is performed)
2. Bring a complete list of your medications and dosages, including prescriptions and over the counter medications.