PREPLACEMENT EXAMINATION PREPARATION
PATIENT INSTRUCTIONS

The Occupational Medicine Department (OMD) is here to detect medical problems and assist you in resolving them before serious consequences occur. Ultimately our goal is to guide you into better lifestyle changes that may prevent future medical problems. To help us accomplish this goal efficiently and effectively, we would ask that you arrive at the clinic you are being seen in about ten to fifteen minutes prior to your scheduled appointment. This will give you the opportunity to complete necessary paperwork prior to seeing the provider.

The following guidelines provided by Occupational Medicine will help you better prepare for your upcoming physical examination.

In order to get accurate results from your blood work, follow the steps below:

1. The night before your blood work, **DO NOT** eat or drink anything except water after midnight.
2. Any required medication should be taken as usual. If you are a diabetic or have a specific question regarding a medication you are taking, please contact Occupational Medicine at 702-295-1473 for further instructions.
3. Discontinue alcohol consumption 48 hours prior to your blood work.
4. **REMEMBER**, you may drink all the water your wish. **DO NOT** become dehydrated.
5. You may eat after your blood work is completed, so you may wish to bring a snack with you.

For the remainder of your physical please note the following:

1. If you normally wear glasses for an activity, please ensure you bring them with you for your physical examination.
2. Try to avoid excessive noise 48 hours prior to your physical examination.

This procedure is designed to enhance our service to you by having the relevant findings available for your information and understanding.