

## Health and lifestyles of people aged 50 and over Appointment Record Card

SN           Ckl  Person

Point Number

Thank you for agreeing to take part in the nurse / midwife visit.

A qualified nurse / midwife \_\_\_\_\_

will call on \_\_\_\_\_ at \_\_\_\_\_

She/He will be able to give you more information about the measurements. If, for any reason, you cannot keep this appointment, please contact us on freephone 0800 652 4574 so you can make another appointment.

### How to prepare for the nurse / midwife visit

- For 30 minutes before the nurse / midwife arrives, if possible
  - do not eat, smoke or drink alcohol and
  - avoid vigorous exercise,  
as this could affect your blood pressure readings.
  
- Please wear light, non-restrictive clothing and avoid anything which is tight (e.g. lycra, tight jeans) or has a thick belt, otherwise your waist measurement will not be accurate. If possible do not wear very long garments which may prevent the nurse / midwife from seeing your feet during some of the measurements.
  
- You will be asked to give a blood sample (though you do not have to) and some of you will be asked to fast.

## If you are asked to fast

You will be invited to give us a blood sample and **some** of you will be asked to fast before giving blood as this will make it possible to learn more from any blood you give us.

- **Please take any medication(s) as usual**
- **If you are a diabetic on treatment, do NOT fast.** Please follow your normal diet & medication on the day of your appointment
- **Please make sure you drink enough water**

For those of you that wish to fast please refrain from **strenuous exercise** for 12 hours before your appointment and do not eat or drink anything, **apart from water** for at least **5 hours** before your visit. The following instructions explain what we mean by this:

### **APPOINTMENTS BEFORE 1PM:**

On the day of your appointment, please do not eat or drink anything apart from water until you have given the sample. Once you have given the sample, you may eat and drink as soon as you like.

### **APPOINTMENTS FROM 1PM TO 6PM:**

Please do not eat or drink anything **after 8.00am**, except water. **Before 8.00am** you may choose a light breakfast of items from the list below **ONLY**.

- Tea or coffee (*no sugar, a little skimmed milk may be used*) AND
- Plain toast or bread with nothing on it (*no butter, jam or any spreads*)  
OR
- Porridge made with water or skimmed milk (*no sugar*) OR
- Cornflakes or Rice Crispies made with skimmed milk (*no sugar*)

Once you have given the sample, you may eat and drink as soon as you like.

### **APPOINTMENTS AFTER 6PM:**

Please do not eat or drink anything **after 1.00pm**, except water.

**Before 1.00pm** you may have your usual breakfast and then choose a light lunch of items from the list below **ONLY**

- Tea or coffee (*no sugar, a little skimmed milk may be used*) AND
- Plain toast or bread with nothing on it (*no butter, jam or any spreads*) OR
- Small baked potato with nothing on it (*no butter or any other fillings*)
- No sugar, milk, fats or dairy products other than skimmed milk

Once you have given the sample, you may eat and drink as soon as you like.

**Even if you are fasting please remember to drink water**