

STRESS & HEALTH STUDY PHASE 12 MEDICAL EXAMINATION

IMPORTANT INSTRUCTIONS FOR PARTICIPANTS

Fasting (08:00hrs – 11:59hrs Appointments)

- Please do not eat or drink anything from **midnight**, except water and take any usual medication(s) if applicable. Please do not smoke on the morning of your appointment.

Exercise

- Please refrain from strenuous exercise for at least 12 hours before your appointment.

If you have diabetes or are on treatment

- Do not fast
- Please follow your normal diet and medication on the day of your appointment.

Health Survey Questionnaire & Update of Details Form

- Please complete both the Health Survey Questionnaire and Update of details form before attending your appointment
- Please bring the Health Survey Questionnaire and the update of details form with you to the Clinic

Other Details

- Please refer overleaf for a map of the Clinic.
- If you wear glasses or hearing aids, please remember to bring these with you.
- If you have a repeat prescription, please bring a copy with you so we can check your medication.
- Please keep all receipts for reimbursement of your travelling expenses.
- Disabled access is available.

ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL

Thank you for your assistance with the Stress and Health Study