

STRESS & HEALTH STUDY PHASE 12 MEDICAL EXAMINATION

IMPORTANT INSTRUCTIONS FOR PARTICIPANTS

Fasting (12:00hrs – 14:30hrs Appointments)

- Please do not eat or drink anything **after 8.00am**, except water and take any usual medication(s) if applicable.

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)
- Plain toast or bread with nothing on it (**NO** butter, jam or any spreads)
- Non-sugared cereals made with water or skimmed milk (**NO** sugar)

No sugar, milk, fats or dairy products other than skimmed milk

- Please do not smoke on the day 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