

STRESS & HEALTH STUDY PHASE 12 MEDICAL EXAMINATION

IMPORTANT INSTRUCTIONS FOR PARTICIPANTS

Fasting (08.00hrs – 11.59hrs Appointments)

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

Please do not fast if you:

- 1. are diabetic**
- 2. have had an Epileptic fit or convulsion in the last 5 years**
- 3. have a bleeding or clotting disorder**
- 4. are taking any of the following anti-coagulants: Warfarin or Phenidone or Acenocoumerol or Protamine Sulphate**

Exercise/ Activity

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

If you are a diabetic on treatment

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

Health Survey Questionnaire

- Please complete the Health Survey Questionnaire before the nurse visit

Other Details

- Please wear loose clothing (separates) on the day of your appointment.
- For one part of the screening, about ½ an hour, it would help if you were able to sit quietly without any disturbance. The nurse will tell you when this is about to start.
- If possible, please have a table and chair available.

ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL

Thank you for your assistance with the Stress and Health Study

Revised: 2014