

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.

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 and Activity

- 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 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