

## **STRESS & HEALTH STUDY PHASE 13 MEDICAL EXAMINATION**

### **IMPORTANT INSTRUCTIONS FOR PARTICIPANTS**

#### **If you have dementia, Alzheimer's or a form of mental incapacity**

- If you have dementia, Alzheimer's or an illness that effects your mental capacity, you will need to ask a relative or friend to accompany you at the medical examination. Please let us know in advance of your appointment if you have any of these illnesses. You will not be able to take part in the medical examination if you are not accompanied.

#### **Eating, Drinking & Taking Medication**

- Do not eat anything 2 hours before your appointment. If you have diabetes or are on treatment for diabetes, please follow your normal diet.
- Take your medication as usual.
- It is very important for you to drink a minimum of 1 glass of water on the morning of your appointment. Drinking water will make for a smoother blood draw. The more water you drink, the plumper your veins becomes, making it easier for the phlebotomist to locate your veins and take the blood.
- Do not smoke on the morning of your appointment.

#### **Exercise**

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

#### **If you have diabetes or are on treatment**

- Follow your normal diet and take your medication on the day of your appointment.

#### **Health Survey Questionnaire & Update of Details Form**

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

#### **Other Details**

- 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.
- 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*