

Guidelines for Screening Day

For the most accurate test results, follow the guidelines below. If you have any questions about your medications or current medical condition, please contact your physician.

- ❖ Screening will include the Total Cholesterol/Glucose, HDL Cholesterol & Risk Ratio and body composition. This test does not require a 12 hour fast, but is optional. *If you are a known diabetic, hypoglycemic or on medication, please consult with your healthcare provider for instructions regarding fasting.*
- ❖ Continue taking all regular medications, as prescribed by your provider.
- ❖ Stay well hydrated leading up to your scheduled test. Drink plenty of water the day before and the day of your appointment. You may drink black decaf coffee (no sweetener or creamer) on the day of your screening.
- ❖ Limit your intake of salt and high cholesterol foods 24 hours prior to your appointment.
- ❖ Avoid strenuous exercise for 24 hours prior to your scheduled test.
- ❖ Please arrive 5 minutes before your appointment time in order to complete any necessary paperwork.
- ❖ Wash your hands before arrival and do not apply lotion.
- ❖ Maintain social distancing at 6 feet at each station.