

## **TIPS FOR ENSURING ACCURATE PARAMED RESULTS**

### **To help insure the most favorable lab results:**

- Avoid strenuous exercise for at least 12 hours prior to exam.
- Get a good night's rest.
- Schedule exam for early in the morning, prior to eating. Void bladder at least once prior to giving urine sample.
- Fast for at least 12 hours prior to the exam.
- Avoid salt, high cholesterol foods, alcohol, caffeine, and nicotine for at least 24 hours before your exam.
- Drink a glass of water one hour prior to the exam.

### **If you are Diabetic:**

- Schedule the exam 2.5 hours after a meal (no sweets or sugars after the meal)
- Empty your bladder right after your meal
- Drink 1 -2 glasses of water before the exam

### **If you are Hypertensive:**

- Avoid caffeine, cigarettes, alcohol
- Have your blood pressure taken after you have had a chance to relax and preferably first thing in the morning.
- Your medication should be taken as usual.
- The examiner should do three readings and they should be taken in 10 minute intervals

### **When completing the Paramedical:**

Have your medications, with correct spelling, reason for use and dosages available.  
Provide full names, addresses and phone numbers for all physicians.