

Comprehensive Physical Exam/Well Woman Exam Instructions

You have indicated that you will be visiting our office for either a comprehensive physical exam or a well woman exam. During your visit you will have a comprehensive physical exam performed by the Physician as well as diagnostic studies and immunizations.

Diagnostic Studies: Depending on your age and your medical history, the diagnostic studies may include blood and urine testing to screen for diabetes, high cholesterol, high triglycerides, kidney disease, liver disease, anemia, and thyroid disease. In order for these diagnostic tests to be accurate we ask that you fast the day of your appointment.

Fasting instructions:

- Have nothing to eat for at least 8 hours before your scheduled appointment.
- You may drink any of the following: Black coffee, plain tea, or water.
- Take all medications except diabetes medications or medications with sugar in a syrup base.
- Drink at least three 8 Oz. glasses of water 2-3 hours prior to your appointment to facilitate the blood draw and collection of urine.

Additional diagnostic studies may include a 12-Lead EKG and pulmonary function testing. Please do not apply any body lotions or body oils on the day of your exam as these may hinder our ability to obtain your EKG.

Well Woman Exam: In order to optimize the collection of the Pap Smear to screen for cervical cancer, we ask you follow these **Pap Smear instructions:**

- Schedule an appointment approximately two weeks (10-18 days) after the first day of your last menstrual period (obtain specimens during the second half of the menstrual period to avoid contamination by obscuring blood).
- Do not douche 48 hours prior to test.
- Do not use tampons, birth control foams or other vaginal creams or vaginal medications for 48 hours prior to the test.
- Refrain from intercourse 48 hours prior to the test.

Immunizations:

Based on factors such as your age, medical history, and occupation the Physician will administer selected immunizations during your office visit. These may include Tetanus-diphtheria vaccine, Tetanus-diphtheria-pertussis vaccine, Pneumonia vaccine, Influenza vaccine, Meningitis vaccine, Hepatitis A vaccine, Hepatitis B vaccine, Gardasil vaccine (HPV), and Zoster Vaccine (Shingles).

Please bring with you any vaccine records you may have to facilitate in the immunization process.