



## **PREPARATION FOR A COMPREHENSIVE PREVENTATIVE PHYSICAL EXAM**

(IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT, CONTACT THE OFFICE RIGHT AWAY TO CANCEL AS TO AVOID A NO-SHOW FEE!)

This is a reminder to complete your **FASTING BLOOD WORK** at least **ONE WEEK** before your upcoming appointment. You may also be asked to give a urine sample as part of your doctors' lab orders.

Having these tests done before your appointment allows your physician to discuss the results with you at the time of your visit.

### NOTES TO BE PREPARED FOR YOUR BLOODWORK:

- You should be fasting for at least 8-10 hours. Fasting means, nothing to eat or drink during that time, except for water, black coffee, or tea. No cream or sugar.
- Take your medications as usual the day of your bloodwork.
- Your lab order will be sent to **Quest Diagnostics Lab** unless we are instructed otherwise. If you prefer to have your blood drawn at another facility, you **MUST** inform our office (if you have not previously done so) as soon as possible so we can send the order.
- Please be mindful of any lab you choose as each location may have specific days/hours and rules.
  - At this time, Quest Diagnostics Lab located in our building at 11 Old Park Lane Road is by **APPOINTMENT ONLY**. Note: Appointments at this location book up quickly, so please schedule your appointment when you receive this letter.
  - To schedule your appointment with Quest Diagnostics Lab, call 888/277-8772 or visit their website at [www.questdiagnostics.com/appointment](http://www.questdiagnostics.com/appointment).

\*\* Please do not wear any lotions or skin creams on the day of your COMPREHENSIVE PHYSICAL EXAM, it is possible an EKG will be performed.

Please call the office at 860/355-1149 if you have any questions.

**THANK YOU FOR BEING PREPARED FOR YOUR PHYSICAL EXAM. SEE YOU SOON!**

NEW MILFORD MEDICAL GROUP