

Physical Guidelines

Please read and carefully follow ALL of the guidelines below before you come in for your physical. Failure to complete all of the guidelines could result in the rescheduling of your physical.

1. If at all possible, fast for at least 4 hours before your examination.
2. Drink plenty of water before you come. You may also have black coffee (no sweeteners or milk – black coffee only)
3. Take all of your medications previously prescribed by your physician.
4. Do not use any lotions, oils, or sprays on your chest, arms, and legs.
5. Have all paperwork completed before you arrive.
6. Arrive on time. We have reserved this time especially for you. Please give us a call if you are going to be more than 15 minutes late as we have other patients scheduled at those times and may not be able to see you. If at all possible, we will try to work you into the schedule, but you will have to wait for those with previously scheduled appointments.
7. Ladies only: If at all possible, wear either slacks or a two-piece outfit. This way you will only have to remove your tops for the physical. It is also a good idea to refrain from wearing panty hose (unless you are willing to remove them). This, and no lotions or oils and sprays, is something to bear in mind for those of you who have to have EKGs periodically.

Again, any of the above could result in the rescheduling of your appointment.

We reserve the right to charge for missed appointments. We require 24 hour notice except in the case of illness or an emergency.