

Health Assessment QUICK-CHECK Sheet

What to do after you have received an Information Packet from a PFT and scheduled an appointment

Need to Reschedule Appointment (*More than 24 hours before Appointment*)

- Call regular appointment phone number – 206.781.6375

AT LEAST ONE WEEK BEFORE (*can be completed up to 2 months in advance*)

- FOBT (Fecal Occult Blood Testing) cards provided in Patient Information Packet. *This requires diet changes, thus 1 week lead time is critical. Please read instruction completely. (Example: not eating red meat 48 hours prior to taking samples)*
- Complete Health Assessment Questionnaire. If completed on-line please click the “SEND” button when completed to e-mail the form to Swedish.

Late Cancellation (*Less than 24 hours before Appointment*)

- Call After-Hours-Hotline 206.391.7634 You will need to re-schedule via the regular appointment phone number. *Due to the high demand, it may not be possible to book a new appointment. If an appointment cannot be made, at that time, please ask to be placed on the “on-call” list.*

NIGHT BEFORE

Fasting and Pre-Assessment Limitations

- You will need to be fasting (no food, juice, soda) for the previous 8 hours for this lab test..
- Water is permitted and encouraged.
- For best results, please do not “work-out or exercise” for at least 12 hours before testing.
- Do not smoke or use nicotine 3 hours before the test.
- Do not drink caffeine (including decaffeinated beverages) or nutritional supplements or medications containing ephedra, Ma Huang or pseudoephedrine for 4 hours before the test.

Medications:

- You may take regular medications, unless you have been instructed otherwise by your private physician.
- Please note that medications for diabetes may cause hypoglycemia (low blood sugar) when you are fasting. Contact your primary care professional or diabetes consultant on appropriate treatment for both the fast, and the following exercise. You will be given a snack to eat and drink immediately after the blood draw. Bring your glucose meter so that your blood sugar can be tested prior to exercise.
- You may take a Beta-blocker (such as Atenolol, Temormin, Lopressor, Toprol, Coreg). We want to test you under “real world” conditions
- Do not take Viagra 12 hours before the test, Levitra 48 hours before the test or Cialis 72 hours before the test.
- Do not take “acute” medications, referring to those taken for a short time to treat an illness. Examples include prednisone, antibiotics, etc.

Prepare Attire

- Wear comfortable clothing. We recommend running shoes, athletic shorts and t-shirt with short sleeves.

DAY OF ASSESSMENT

Emergency Cancellation:

- Call 206.291.7108 and only give the time of the appointment. You will need to re-schedule via the regular appointment phone number. *Due to the high demand, it may not be possible to book a new appointment. If an appointment cannot be made, at that time, please ask to be placed on the “on-call” list.*

Bring to Appointment:

- FOBT cards
- Printed questionnaire
- Directions and parking fees - *if needed*
- Additional snacks/food/beverages you might need
- Reading material or other things to do during possible down times
- Change of clothes if needed