

How to Prepare for your FHS Exam

- **Please review the Consent Form and complete these Surveys ahead of your exam**
 - This will reduce your exam day by at least 35 minutes
 - They do not need to be completed all at one time. You can save and go back to them later.
 - If you are unable to complete them ahead, we will ask you to do them while you are here and can help you if needed
- **Please do not eat 10 hours before your exam – but drink plenty of water!**
 - This keeps you hydrated and helps with the blood draw 😊
 - No gum or mints, even if sugar free
 - Black decaffeinated coffee or tea are ok (no sugar or artificial sweetener)
- **Please bring any medications in with you that you have taken in the past 30 days**
 - Supplements and over the counter medication too!
 - These will be reviewed by medical personnel at some point during the exam
- **We will ask you to wear a hospital gown for part of the day**
 - Bring a robe or a sweater with you to wear over the gown, if you think you may get cold
 - You can wear any footwear you like, or you can bring slippers.
 - Slip on shoes are good as you will be asked to take your shoes off for the weight measurement
- **Please do not have any body lotion, moisturizer or sunscreen, etc. on your arms, legs and chest.**
 - We will be doing an ECG and clean, dry skin will give the best result 😊
- **We will have light snacks available for you when you can eat**
 - If you have any dietary restrictions, it may be best to bring your own snacks just to be safe
 - If you have another appointment right after the exam, you may want to bring in more substantial food
 - We have a refrigerator that we can store your food in, if needed