

IMPORTANT PATIENT INFORMATION

Please Read Carefully Before Your Exam

What to expect:

Depending on the number of procedures/ tests scheduled, your evaluation will take four to five hours, so please plan your schedule accordingly. If you must cancel your appointment, please call 289-8225 at least one week in advance.

A customized, detailed report of your exam results will be mailed to you two to four weeks after your visit.

Refreshments are available after the blood screens and/ or radiology exams are completed, but please note they are not always done first thing in the morning.

How to prepare:

IMMEDIATELY

- Compile your medical history by filling out the form in this packet (new patients or patients who have not completed the LGI Executive Physical medical history form within the last three years). Mail completed medical history back to LGI in the postage-paid envelope provided.
- If possible, obtain important medical records to bring with you the day of your exam: cardiovascular reports, hospital stays, colonoscopy reports, mammogram films, etc.

24 HOURS BEFORE

- Avoid exercise, nicotine, alcohol, and caffeine.

12 HOURS BEFORE

- Avoid all food and beverages, except water, after midnight. If you are having stomach or esophageal problems, do not drink water the morning of your examination.

THE MORNING OF

- Take all your medications as usual unless your medication requires that you take it with food. In that case, please bring the medication with you to take later in the day.
- If you have diabetes, bring your medications and any necessary snacks. Let the nurse know you have diabetes when you check in for the examination.
- Dress appropriately and comfortably. Shorts, T-shirts, sweat pants and sweat shirts are recommended.
- For women: please do not wear deodorant if you will have a mammogram.

What to bring:

- Complete list of your current medications and their dosages.
- If you have requested a mammogram, bring your most recent mammogram films. If you would like us to mail a copy of the mammogram report to your personal physician, please bring his/her name and address.
- Other pertinent films, such as recent imaging studies.