



Your Appointment:

Date: _____

Time: _____

Meals:

Supper/Dinner (the night before the exam): Grilled meat or eggs & green veggies. Water, diet soda, or unsweet tea.

Breakfast (must be at least 6hrs prior to exam): Bacon/sausage & eggs. Water & 1 cup of black coffee (no sugar, sweetener, or creamer).

(Foods to Avoid for both meals: All dairy [except for butter and cheese], refined sugar, all fruits, raisins, beets, carrots, corn, kidney beans, peas, yams, cereal [hot or cold], rice cakes, all breads, muffins, tortillas, potatoes, pretzels, chips, rice, granola, oatmeal, pasta, alcohol, sodas and fruit juices.)

Reminders:

1. No food for 6 hours prior to exam.
2. Within 6 hours prior to the exam, hydrate with water only. **Drink lots of water.**
3. Absolutely NO SUGAR the night before or the morning of the exam. This includes gum, mints, cough drops, or any foods that may contain sugar.
4. Patient may take medication as usual. Insulin should be taken at least 4 hrs prior to exam.
5. No exercise or strenuous work within 24 hours of your exam.
6. The center is kept around 69-70 degrees.
7. Expect to be at the center for about 1 ½ - 2 hours.
8. Bring insurance cards with you.
9. Due to the nature of the medication used, family members (especially pregnant women & children) are not allowed in the uptake rooms.
10. If you are on anxiety medication, bring the medication with you in order to take it while in the uptake room.