

# Karle Medical Group, P.C.

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## SCHEDULE AND INSTRUCTIONS FOR PHYSICAL EXAMINATIONS

**Please read this form carefully prior to the 1<sup>st</sup> Appointment of your physical exam.**

Patient Name: \_\_\_\_\_ PE Doctor: \_\_\_\_\_

- A. **Questionnaire:** This will be reviewed by your doctor before your exam. It will help to select appropriate lab tests and will provide important information about your history and your behaviors that may have an impact on your overall health.

### **Return the questionnaire booklet at your Pre-Physical appointment**

- B. **Diagnostic Tests:** A number of tests are done based upon your age, sex, and medical history. These tests will be done on the date of your Pre-Physical, so that the results can be available to your doctor when you are seen for your physical examination.

Instructions:

1. For fasting blood work:
  - i. Nothing to eat or drink **except water** 12 hours prior to testing (NO COFFEE, TEA, JUICE, ETC.)
  - ii. **DRINK LARGE AMOUNTS OF WATER** – We will need to take a urine sample (do not evacuate your bladder immediately prior to coming to office so that we may collect a urine sample)
  - iii. No alcohol 72 hours prior to testing.

Pre-Physical Appointment Date \_\_\_\_\_ Appointment Time \_\_\_\_\_

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- C. **Physical Examination:** On this date you will see the doctor, at which time your medical history will be reviewed. All results will be discussed fully. It is possible that certain exam or lab findings may require additional testing or treatment that will be arranged during the same appointment. Your time with the doctor will be approximately one half hour to one full hour.

1. No smoking the morning of the testing.
2. Please do not use oils, creams, powders, or lotions on your chest the evening before your exam or that morning. Any test that is rendered incorrectly due to the use of such products will need to be retaken within 2 hours of the initial visit with the nurse to provide accurate information regarding your health.

Physical Appointment Date \_\_\_\_\_ Appointment Time \_\_\_\_\_

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- D. **Cancellations:** We require at least 48 hours notice of cancellation or rescheduling. Furthermore, due to the length of the appointments and level of demand, we reserve the right to charge for the appointment if the 48 hours notice is not given.

**Your Physical appointment may be cancelled if you cancel or are not seen for your Pre-Physical.**