

Karle Medical Group, P.C.

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SCHEDULE AND INSTRUCTIONS FOR PHYSICAL EXAMINATIONS

Please read this form carefully prior to the 1st Appointment of your physical exam.

Patient Name: _____ PE Doctor: _____

- A. **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 _____

- B. **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, arms and legs 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 _____

- C. **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.