

PHYSICAL PREPARATION/INSTRUCTIONS

Please arrive **AT LEAST 15 minutes** prior to your appointment, allow more time if you feel you will need it to complete the paperwork needed. Bring your photo ID, insurance card and **face mask**.

Please remain in your car upon arrival and call us from your cell phone to alert us of your arrival.

Please bring **ALL meds** to your appointment for review. If this is not possible, bring an up-to-date list with all details about how much and when you take each medication.

Please **fast after midnight** for your lab work. You may have water, black coffee or plain tea. Diabetic patients may hold their diabetes medication the morning of the appt but all other meds (especially blood pressure meds) should be taken.

If you can not fast until your appointment, here are some alternatives...

- plan to return for fasting labs a different day
- have an early healthy snack and then fast the rest of the day to try and get at least 6-7 hours of fasting.

If you have any viral symptoms (fever, cough, headache, shortness of breath, diarrhea, loss of taste/smell), we are happy to reschedule your appointment or arrange for a virtual visit.

Please let us know if you have any questions!

Dr. Fischer and the team at Charlottesville Internal Medicine