

# Preparations on the day of your screening

## All ultrasound and heart rhythm screenings:

- Wear a short sleeved shirt that is open at the collar – no turtlenecks
- Wear a comfortable two-piece outfit consisting of loose clothing
- Do not wear pantyhose

## Additional preparations:

### **Abdominal aortic aneurysm**

- Fast for 4 hours prior to your screening.
- Make sure the meal you eat 4 hours prior to your screening is a light one (less than 1/2 of what you normally eat of non-gassy food).
- If you are thirsty during your fasting period, you may have 1/2 cup of coffee or tea and a moderate amount of water.
- If you take medication, take it as prescribed.
- If you are diabetic and are not comfortable fasting for 4 hours, limit yourself to a "diabetic meal" (piece of toast, 1 cup of any juice and 1/2 cup coffee or tea). If you are in doubt, please follow your diabetic care plan.

### **Complete lipid panel (cholesterol)**

- Fast for 8 hours prior to your screening.

### **Atrial fibrillation (stroke)**

- Do not wear pantyhose.
- Do not wear a watch.
- Keep your cell phone turned off.
- Do not wear lotion or oil.

### **Glucose (type 2 diabetes)**

- Fast for 8 hours prior to your screening.



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