**Optimize Life Insurance Paramedical Exam & Lab Results**

**2- 3 Days Prior to the Exam**

* Minimize alcohol consumption
* Don’t eat everything bagels or anything else with poppy seeds or betel (areca) nuts
* Eliminate or decrease the use of all tobacco products
* Avoid extreme exercise and strenuous activities
* Minimize foods high in salt and fats
* Take all medications as prescribed
* Get plenty of restful sleep

**24 Hours Prior to the Exam**

* Don’t consume alcohol
* Avoid nasal decongestants, including spray
* Avoid processed foods with high salt and fat content
* Minimize the consumption of sweets, high sugar drinks
* Drink plenty of water throughout the day
* Avoid intimacy (decreases risk of abnormal lab findings)
* No extra strenuous workout (no heavy weights, marathons)
* Arrange for a restful night prior to a morning fasting exam

*Very Important: If, just prior to the exam, you feel sick, are dehydrated, or experienced a stressful event, call the examiner to reschedule.*

**Final Hour Before the Exam**

* Void bladder, then drink 1 – 2 glasses of water
* Avoid any form of tobacco to lower blood pressure
* Make yourself comfortable; relax

**Tips to Speed up the Examiner’s Visit**

* Have a picture ID handy (Valid Driver’s License)
* Have a list of all prescription medications, dosage, how often they are taken, time last taken
* Provide name, address, and phone numbers for all doctors and other health care providers seen in past 5 years; recall what you saw them for
* Disclose prescription and non-prescription medications taken in the hours and days prior to the exam; they can explain certain odd lab results
* If you use tobacco products or marijuana, disclose the type and the date and time last used