

## Tip Sheet for LMG OCC MED Services

Please review the service that your employer has checked so that you can prepare for your appointment at LMG Occupational Medicine. The tips are to keep you, and our staff, safe during testing.

## FOR ALL SERVICES

- **REMINDER: A PHOTO ID IS REQUIRED AT THE TIME OF THE APPOINTMENT**
- **NO** copies, scans, or phone photos of the ID.

## □ PHYSICAL DEMANDS TESTING

- Wear clothing appropriate for physical activity including **closed**-toed shoes.
- Eat a light meal at mealtime prior to the appointment.
- Be well hydrated.
- Avoid energy drinks on the day of testing.
- The test will be about 30-45 minutes, depending on the testing requirements for a specific business, excluding any other testing that is to be done.

☐ **SPIROMETRY TESTING** – please adhere to all guidelines or the appointment may be rescheduled

- Do not eat a big meal 1 hour before the appointment (a small meal is ok).
- Do not smoke/vape/chew for 1 hour prior to the appointment.
- Do not drink more than two 8 ounce cups of coffee or other caffeinated beverages for 4 hours prior to the appointment. DO NOT consume any energy drinks at all prior to the appointment.

## ☐ RESPIRATOR MASK FIT TESTING

- A clean-shaven face is **REQUIRED**.
- Bring the mask to be fitted AND filters.
- Do not smoke/vape/chew for 15 minutes prior to testing.
- Do not drink or eat anything except water 15 minutes prior to testing.

☐ **URINE DRUG SCREEN** - Be well hydrated prior to the appointment.

☐ **VISION TESTING** - Wear glasses or contacts that are normally worn.

☐ **HEARING TESTING** - Clean your ears to avoid rescheduling due to ear cleaning by the clinic.

