



Preparing For Your Paramed Exam

- For best fasting results, do not eat anything after 6pm the night before your exam and try to schedule your appointment early in the morning.
- Get a good night's sleep prior to the exam.
- Don't drink alcoholic beverages or take over-the-counter medications, particularly cold medications with pseudo-ephedrine, for at least 24 hours prior to the exam.
- Avoid tobacco products for at least two hours before the exam.
- Continue to take all medications, as prescribed, and directed by your physician.
- Be prepared to list all medications that you are taking.
- Avoid caffeinated soft drinks and chocolate for at least two hours before the paramed.
- Be mindful of your diet, keeping salt, fat and fried foods to a minimum the day before the exam.
- Avoid strenuous exercise or physical activities the 24 hours prior to your appointment.
- Drink plenty of water the day before your exam. One to two hours before your exam drink water so that you can easily provide a urine specimen.
- Be prepared to supply all doctor info, including the last time you had a doctor visit, the outcome of the visit, the doctor's name and address.
- Allow 30 minutes for the exam, longer if you need to complete and EKG.
- Take a few minutes to relax yourself before the exam.