

# How to Prepare for your Paramedical Exam



Paramedical exams and lab results are two of the most important tools in underwriting. Prepare for your exam by following these **9 simple rules**:

- 1) **Fast for 6-8 hours prior to the exam.** Eating before blood is drawn can elevate triglyceride and glucose readings.
- 2) **Avoid salty foods for 24 hours prior to the exam.** Excess salt can add water weight and distort kidney function tests.
- 3) **Avoid caffeine for 1-2 hours prior to the exam.** Caffeine can elevate blood pressure and heart rate.
- 4) **Drink plenty of water during the 24 hours prior to the exam.** Dehydration causes urine sample to be concentrated; which can distort sugar and protein levels. (Two very important lab values.) In addition, well-hydrated veins make drawing blood easier; which yields a more pleasant experience for both you and the examiner!
- 5) **Avoid alcohol for 24 hours prior to the exam.** Alcohol can cause elevated liver function values. Elevated liver functions can cause you to be bumped to a lower rate class.
- 6) **Avoid nicotine for as long as possible prior to the exam.** Nicotine rates can't be avoided for a regular tobacco user, but having tobacco right before an exam will elevate blood pressure.
- 7) **Avoid heavy exercise for 12 hours prior to the exams.** A strenuous work out can release protein into the urine. High protein levels in the urine can be indicative of kidney problems. The underwriter will not know the excess protein is from a heavy workout!
- 8) **Avoid stress as much as possible prior to the exam.** Stress can have physical effects; especially on blood pressure. Many people have "white coat syndrome" that will boost their blood pressure reading up. Deep relaxation breathing can help reduce it. Don't schedule your exam on a day you know will be stressful.
- 9) **Have a list of all medications that are currently being taken.** The examiner will ask you to provide details about any and all medications you are currently taking. It can be difficult to remember the names and dosages. Write down all of your current medications before the examiner arrives. Another stress avoided!

**Preparing for your  
exam could potentially  
improve your health rating!**