

FIRST VISIT INSTRUCTION SHEET

We look forward to seeing you at your upcoming appointment. This will be the first of three visits for the initial evaluation-the doctor's visit first, followed by visits with the dietitian and behaviorist.

The first visit will go smoother if you can download and fill out the following forms:

- 1) Patient history
- 2) Weight history
- 3) Review of symptoms

The Dietitian Intake Form will need to be done prior to your next visit, which will be with the Registered Dietitian (although it might be easiest to print now).

DAY OF YOUR VISIT:

We will be doing some testing looking at your caloric needs-called resting or basal metabolic rate. It will be best to follow the following instructions (if possible):

- Day prior, drink plenty of fluids (unless you are restricted)
- Avoid alcohol 12 hours prior to your visit
- Avoid caffeine for 4 hours prior to your visit
- Do not eat for 4 hours prior to your visit
- Do not shower, bathe, or sauna within 1 hour prior to visit