

# TOWARDS BETTER MEDICAL REPORTS

DEAR FRIENDS,

Some time, some of our prospect hesitate to undergo medical tests due to some minor health problems giving this or that reasons. Therefore giving some tips for better medical reports.

Before taking /sending prospect to medical examiner, if prospect take precautions as follows, his reports may come normal.

## 1) ONE WEEK BEFORE TEST-

- A) Stick to healthy balanced diet.
- B) Avoid --- Fatty and spicy food.

## 2) THREE DAYS BEFORE TEST-

Avoid alcohol consumption 72 hours before test. It increases enzyme levels of liver.

## 3) ONE DAY BEFORE TEST-

- A) Avoid caffeine consumption. It increases blood pressure.
- B) Avoid nasal decongestants and pain killer.
- C) Avoid heavy exercises like running , jogging, swimming etc.

## 4) 12 HOURS BEFORE TEST-

- A) Get enough good night sleep—it helps to normalize blood pressure.
- B) Avoid eating or drinking except water 8-10 hours before test.

## 5) 1-2 HOURS BEFORE TEST-

- A) Avoid tobacco consumption in any form.
- B) Avoid heavy activities
- C) Reach hospital little earlier before appointment and relax for some time.