

Preparation Guidelines for Your Endocrine System Evaluation Appointment

Dear [Patient's Name],

Thank you for scheduling your appointment for an endocrine system evaluation. To ensure a thorough and effective assessment, please follow the preparation guidelines below:

Prior to Your Appointment:

- Bring a list of your current medications, including dosages.
- Avoid eating or drinking anything except water for at least 8 hours before your appointment.
- If applicable, obtain results from previous hormone tests and bring them with you.
- Wear comfortable clothing that allows easy access to your arms for blood tests.
- Inform the clinic if you are pregnant or breastfeeding.

During Your Appointment:

Be prepared to discuss:

- Your medical history and any symptoms you are experiencing.
- Your family history related to endocrine disorders.
- Your lifestyle habits, including diet and exercise.

After Your Appointment:

Follow any instructions provided by your healthcare provider regarding further testing, treatments, or lifestyle adjustments.

If you have any questions or need to reschedule, please do not hesitate to contact our office at [Office Phone Number].

We look forward to seeing you soon.

Sincerely,

[Your Name]

[Your Title]

[Clinic Name]