

Physical Examination Preparation Steps

Date: [Insert Date]

Dear [Patient's Name],

As your upcoming physical examination approaches, please follow the steps below to ensure that you are adequately prepared:

1. **Schedule Your Appointment:** Confirm the date and time of your appointment.
2. **Health History:** Complete any required health history forms prior to the visit.
3. **Medications:** Make a list of all medications you are currently taking, including dosages and frequency.
4. **Fasting:** If advised, avoid eating or drinking for at least 8 hours prior to your examination.
5. **Dress Comfortably:** Wear loose-fitting clothing for easy access during the exam.
6. **Bring Necessary Documents:** Ensure to bring your insurance card and any relevant medical records.

If you have any questions, feel free to contact our office at [Insert Phone Number].

Thank you for your attention to these preparations.

Sincerely,

[Your Name]

[Your Title]

[Your Office Name]