

**PREPARATION FOR YOUR DAY AT
THE SENTARA EXECUTIVE EVALUATION CENTER**

1. Clothing will be that of your choice. We will furnish a robe to wear during the time of your physical examination and medical studies. Please bring jogging shorts and appropriate shoes for use on the treadmill during the stress echocardiographic evaluation.
2. Please do not eat or drink anything after midnight. Do not take any medication after midnight. Bring all medications with you. You will be able to take your regularly prescribed medication after certain tests have been performed.
3. The screening ultrasound study of the ovaries is performed via a small instrument painlessly placed into the vagina. No special preparation is required for this test, and it can be performed in the presence of menstrual flow without difficulty.
4. Please inform the staff when and where you had your last mammogram (date, facility name, and address), so that films may be obtained for comparison.
5. Please do not use any body lotions, oils or deodorant.
6. We ask that you complete arrangements for payment of the professional fee prior to or on the day of service. Please understand that because of the commitment of physician and technician time, your appointment represents an obligation for you to be present. Do not hesitate to call if you have any questions.

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