

Paramed Exam Tips

Here are some of the best tips that you can use to ensure that you obtain the best possible results on your exam.

- Fast for a minimum of 8 Hours Prior to Exam unless you are diabetic or have another health condition. If you do have a health condition we will discuss specific instructions for your case.
- Insist on Morning appointments only! – Blood pressure and exam results tend to be better in the morning. Many examiners are available on Saturdays as well.
- If you are sick on the day of your exam, cancel. We can always reschedule the exam when you are better.
- Take your medications as you normally would.
- Avoid alcohol for a minimum of 24 hours prior to your exam. Blood pressure, liver enzymes and more may be elevated otherwise.
- If you smoke, do not smoke prior to your exam. Smoking raises blood pressure. For cigar smokers and other tobacco users – Some of the companies will give you a non-smoker rate but your urine sample needs to be negative for nicotine. Please call to discuss your case
- Your weight – Check your weight in the days leading up to your exam. On the day of your exam, take your shoes off, don't wear belts, empty your pockets, wear light clothing. **IMPORTANT** – Make sure you ask the examiner what your weight is. If you think it is wrong, ask them to weigh you again.
- Your height – Stand up straight just like Mom told you to. **IMPORTANT** – Ask the examiner what your height is. If you think it is wrong, ask them to check again.
- Avoid Caffeine on Exam day – Caffeine elevates your blood pressure. Avoid it for at least a few hours prior to exam.
- Cholesterol TIP – Eat plenty of oatmeal and bananas in the week leading up to your exam and lay off the sweets and other cholesterol elevating foods.
- Exercise TIP – If you exercise, do **NOT** exercise on the morning of your exam. Exercise may artificially raise your blood pressure.
- Water – Drink lots of water to flush out your system leading up to the exam.