



OMB #: _____
Expiration Date: _____

How To Prepare for Your Next Appointment

You are scheduled for a home visit on *(date of visit)* at *(time of visit)*.

Because we may be collecting air, water, and dust samples we would like to ask that before our visit you:

- ❖ ***Do NOT wash bedding or linens for at least a week before the visit.***
- ❖ ***Do NOT vacuum, dust, or sweep your floors for at least 3 days before the visit.***
- ❖ ***Do NOT change any water filters you may have.***
- ❖ ***Do NOT do any seasonal cleaning of any wood, pellet, or coal stoves or fireplaces that you may have.***

If you use any pesticide products for insects, ***please gather the containers for all of the pesticide products you have used in the past 6 months.*** Our staff would like to look at the labels during the visit.

Our data collectors would also like to look at the labels for any ***prescription and non-prescription medicines, and any vitamins, minerals, herbals, and other dietary supplements*** you have taken ***since you became pregnant.*** Please ***gather the containers*** and have them available during the visit.

Also, if you have any ***personal record or calendar*** that you keep that would help you to remember the dates of any doctor visits you have had ***since you became pregnant,*** please have it available so that you can refer to it during the interview.

For a few of the measures, the data collector will need access to your shoulder and upper back area.

- ❖ ***If you own one, please wear a sleeveless, loose-fitting shirt.***

If you have any further questions about how to prepare for this Study visit, you may contact your Study Center at xxx-xxx-xxxx.