

Appendix S: Active Follow-up Sub-cohort Home Visit Instructions



A health study for oil spill clean-up workers and volunteers

How to Prepare for Your Home Visit

Before Your Home Visit

1. Review the *Informed Consent Form Summary* sheet, the *Informed Consent Form* booklet, and the *Frequently Asked Questions* booklet. Write down any questions that you want to ask before or during the visit.
2. Do not clip your toenails or cut your hair.
3. Avoid dusting around your doors or windows for several days before the visit.

The Night before Your Home Visit

1. Review the *Urine Collection* instructions enclosed in this package.
2. Put the urine collection cup and instructions in your bathroom to remind yourself to collect your urine when you wake up in the morning.
3. Put the Informed Consent Form booklet where you will be able to easily find it during your visit.
4. Gather all medicines that you are currently taking to show to the Medical Research Assistant. This includes prescription medicines, over the counter medications, and herbal/natural medicine and supplements.

On the Day of Your Home Visit

1. Do not eat or drink anything (except water) eight hours prior to your visit, if at all possible.
2. When you wake up in the morning, follow the *Urine Collection* instructions to collect a urine sample using the collection cup provided in your packet.
3. Unless absolutely necessary, please do not take asthma or breathing medicines before the visit. These breathing medicines (inhalers) include:
 - Rescue medicines like Albuterol, Proventil, Maxair, and Xopenex
 - Controller medicines like Advair, Symbicort, Foradil, and Serevent
4. Remove any toenail polish.
5. Wash your hair and do not use hair styling products before the visit.
6. Wear loose-fitting clothes and a short-sleeved shirt.