

## **Insight into the Determination of Exceptional Aging and Longevity**

National Institute on Aging / NIH  
NIA Clinical Research Unit  
Harbor Hospital 5<sup>th</sup> Floor  
3001 South Hanover Street, Baltimore MD 21225

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# **Attention IDEAL Participants!**

### **Preparation/Instructions for Home Visit**

A series of tests will be conducted that takes about 90 minutes, including a blood draw. The examiner will offer you breaks at selected times, but if you feel you need a break at any point, please ask.

### **Pre-Visit Check List**

*\*It is important that you make the following preparations for your visit:*

- **Complete consent Form**
  - o Please take some time to review the consent form so you can be prepared to complete it with the Home Visit exam team. They will address any questions or concerns at the beginning of your visit.
- **Wear light-weight clothing, including shorts**
  - o Please wear a short-sleeved or sleeveless shirt, such as an undershirt, shorts or loose-fitting trousers that can be pulled up over the knee, and comfortable walking shoes. During the exam, you will be asked to remove your shoes and socks. You may wish to have a robe or blanket handy in case you get cold.
- **Prepare for blood draw**
  - o Do not eat or drink anything except plain water for 12 hours before having your blood drawn.
  - o Avoid smoking, breath mints, and gum chewing prior to having your blood drawn.
  - o Take any medications ordered by your doctor, but do not follow any food-related instructions for the medication that involve eating.

Thank you for your cooperation!

If you have any questions, please call the IDEAL Study Office at XXX-XXX-XXXX or toll free at 1-800-XXX-XXXX between the hours of 8 a.m. and 4 p.m.