

Preparing for the IDEAL Home Visit

Thank you for volunteering for IDEAL. The home visit will take about 90 minutes. During that time, you will take part in a series of tests, including a blood test. The examiner will offer you breaks at selected times, but you can also ask to take a break whenever you need one.

Pre-Visit Check List

It is important that you prepare for your visit by doing the following:

- **Review consent form before the visit**
 - o Please take some time to review the consent form so you can be prepared to complete it with the home visit examiner. The examiner will address any questions or concerns at the beginning of your visit.

- **Prepare for your blood to be taken at the visit**
 - o Don't eat or drink anything except unflavored still water for 12 hours before having your blood taken.
 - o Don't smoke, eat breath mints, or chew gum before having your blood taken.
 - o Do take all medications ordered by your doctor, but don't eat or drink anything other than water when you take these medications.

- **Wear light-weight clothing**
 - o Please wear a short-sleeved or sleeveless shirt (like an undershirt) and shorts or loose-fitting trousers that can be pulled up over the knee.
 - o Wear comfortable walking shoes. During the exam, you will be asked to remove your shoes and socks.
 - o You may wish to have a robe or blanket handy in case you get cold.

Thank you for your cooperation!

If you have any questions, please call the IDEAL study office toll free at 1-800-225-BLSA (2572) between the hours of 8 a.m. and 4 p.m. (Monday – Friday).