

**1. Before your visit:**

- Review the enclosed *Informed Consent Form Summary* and the *Answers to Your Questions*.
- Do not clip your toenails or cut your hair before your visit.
- Print and/or review driving directions to the clinic.

**2. On the day of your visit:**

- Collect your medications to show to the clinic staff. This includes prescription medicines, over-the-counter medications, and herbal/natural medicine and supplements.
- Unless absolutely necessary, please do not take asthma or breathing medicines before the visit. These include:

**- Rescue Medicines** like:

- Albuterol
- Proventil
- Maxair
- Xopenex
- Ventolin

**- Controller medicines** like:

- Advair
- Symbicort
- Foradil
- Serevent
- Dulera
- Perforomist

- Remove any toenail polish.
- Wash your hair but do not use hair styling products before the visit.
- Wear loose-fitting, comfortable clothing, and a short-sleeved shirt.
- Wear comfortable shoes for walking.
- Bring any corrective lenses or reading glasses.