

Think about this: “My client is requesting repeat of paramed/blood work because he/she disputes the lab results. Can I schedule repeat labs/exams?”

Sounds like a familiar situation you encountered??

**Repeating the procedure is a lot of hassle since**

- A. You have to convince your client/s to pay out of pocket for the repeat labs/exams or pay for it yourself. The insurance company does not pay for the repeat labs/exams.**
- B. Most insurance companies do NOT allow re-testing and will not consider the 2nd lab results to make/alter an offer.**

Many a times, clients do not follow certain guidelines prior to the lab tests. The hassle can be avoided if your client is aware of what to do and what not to do!

Advice your client/s to

- Schedule the exam at a time when he/she is not rushed to minimize elevated blood pressure readings.
- Follow any fasting requirements given by doctor/examiner at the time the appointment was made
- Get plenty of sleep the night before the examination
- Drink a large glass of water 1 hour before the exam so a urine specimen may be obtained easily
- Avoid foods unusually high in salt content for 24 hours prior to the exam
- Avoid all tobacco and alcoholic beverages at least 8 hours before the exam
- Avoid caffeine beverages at least 6-12 hours before the exam
- Avoid strenuous exercise at least 12 hours prior to exam
- Make a list of all current medications he/she is taking, including dosage, frequency and name of prescribing physician. Make a list of name and address of all doctors visited in the past 5 years. This will save time during the exam.
- It is always advisable to have a responsible adult be with the client during this process as some clients may feel light headed or tired after the blood drawing process.

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