

## New Patient, Nurse Led Cardiovascular Risk Clinic Information Sheet (fasting)



You have been asked to attend the Metabolic Unit, Western General Hospital for a pre-clinic screening investigation. Please read the following important information carefully.

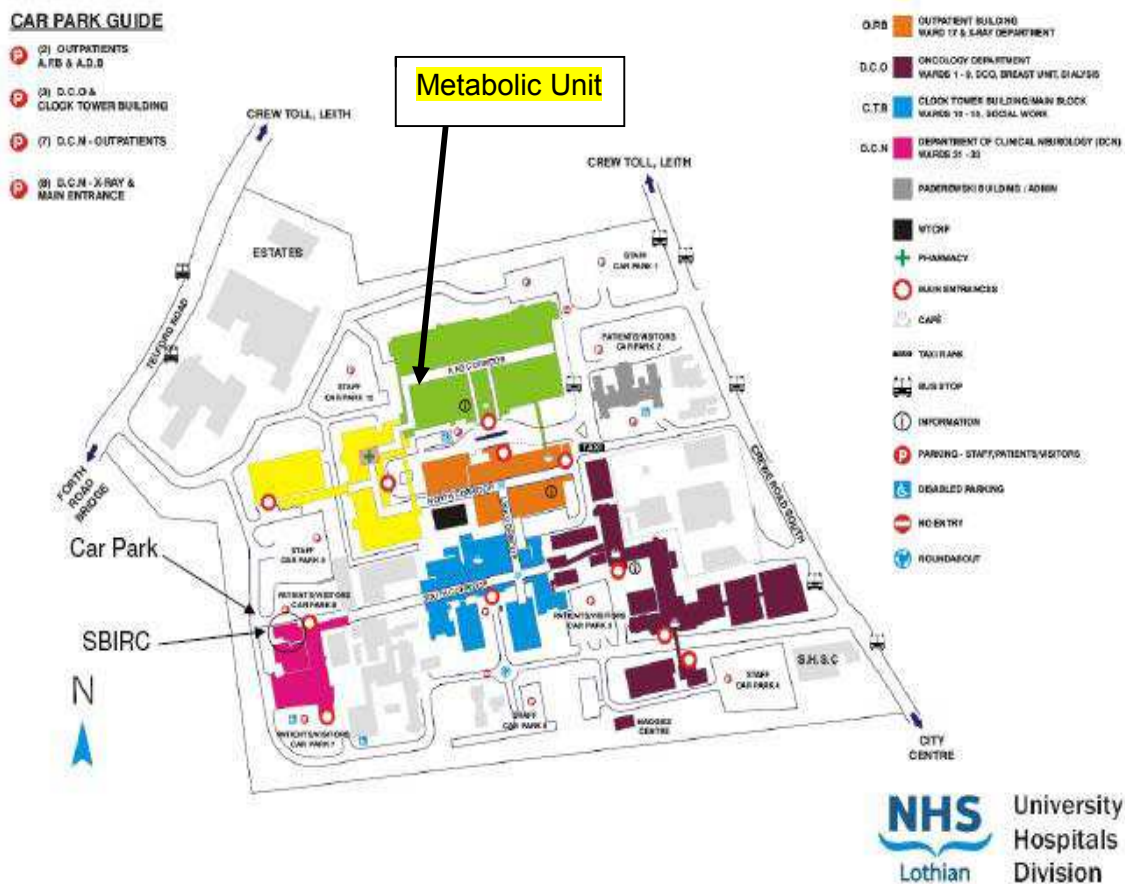
- Please do not have anything to eat or drink except water from 10:00pm on the evening before your visit.
- Please bring a note of all your current medication with you.
- You will have blood pressures taken and you **may** require a 24 hour ambulatory blood pressure monitor to be fitted.
- Please wear loose fitting clothing to allow the blood pressure cuff to inflate fully.
- You will have a blood sample taken and an echocardiogram (ECG) performed at the visit also.
- **If a 24 hour monitor is required it will record and store your blood pressure automatically, this will happen every 30 minutes over a 24 hour period. Please note the monitor will beep before taking a reading and on completion.**
- You will be required to bring the monitor back the following day or organise for someone to do so.
- **We would advise against wearing the monitor if you are employed as a driver or if your work involves heavy manual labour or the operation of heavy machinery. Please rearrange your appointment to a more appropriate day if this applies to you.**
- Please allow approximately 40 minutes for this appointment.
- It is important that you attend this appointment before an appointment with the consultant.

***Directions to the Metabolic Unit are overleaf.***

## DIRECTIONS TO THE METABOLIC UNIT

- The Metabolic Unit is located on the ground floor of the Anne Ferguson Building (the green building on the map below).
- Enter the hospital via Porterfield Road and follow the signs for the Anne Ferguson Building (opposite the Acute Receiving Unit).
- Inside the main entrance of the Anne Ferguson Building, follow the signs for the Metabolic Unit to the left of the main reception desk.
- On the main corridor, turn left and follow the light green line for the Metabolic Unit.
- The Metabolic Unit is on the left hand side, directly opposite the Echocardiogram (ECG) Department.

## Western General Hospital



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