



In-Person Visit Checklist (Adult Daughter)

In-Person Visit Checklist:

There are several things we ask you to do to prepare for the visit. Below is a checklist to refer to before the visit begins.

- Wear comfortable, loose fitting clothing
- Do not eat, brush your teeth, use mouthwash or drink anything other than water for one hour before the visit so we can collect the saliva sample correctly.
- Please do not smoke or have caffeine for one hour before the visit to ensure an accurate blood pressure measurement.
- You can take any regular medications before the visit. Please gather any prescription medicine you are taking so that the phlebotomist may record some information from the bottles.
- Please review the consent form on our website. The examiner will bring copies for you to sign. You may keep a copy for your records.
- If you have completed the paper questionnaire, please have it ready when the examiner arrives. You may also return it to us in the self-addressed, stamped envelope provided for your convenience.