



Compassion, Confidence and Commitment for over 50 Years

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### **Things to Know Before Your First Appointment**

- Have any medical records pertinent to your visit sent to The Scarsdale Medical Group LLP. *MEDICAL RECORD RELEASE FORM* (that will aid in the transfer).
- Complete the new patient paper work or join our patient portal and complete our new patient registration forms prior to your appointment. Please complete all information. Review our HIPAA and RED FLAG Policies that the Scarsdale Medical Group, LLP has in place to protect you and your information.
- You can also log onto our website: become a member of our patient portal. Our patient portal is a convenient and compliant secure way for you to communicate with your team, request prescription refills, and pay bills. Email notifications are frequently sent through our portal.
- Make a list of your health questions. Ask a friend or relative for help. Put the most important questions at the top of your list.
- Make a list of all the other health care providers presently involved in your healthcare. Write down the names, addresses, phone numbers and their specialty.
- Make a list of all the medications with dosing instructions you take and if possible, who prescribed them.
- Bring this list with you to your appointment- include prescriptions, over-the-counter, natural and herbal medications and vitamins.

### **Travel Injections**

- Please make appointment 30 days or more before your travel date.
- If this is an initial visit to the Scarsdale Medical Group, please bring a copy of your past immunizations. ("Yellow Book")
- Please bring a copy of the itinerary for your trip.
- For more information about travel immunizations, visit [www.MDTRAVELHEALTH.COM](http://www.MDTRAVELHEALTH.COM).

### **Preoperative Clearance**

- We recommend an appointment 10-14 days prior to surgery.
- Bring preoperative information at time of exam, including the phone number and fax number of the surgeon and hospital and a list of all tests requested.
- A preoperative exam does not require fasting. However if you would like to have your cholesterol or blood sugar tested at the time of your visit, you should fast ( nothing to eat or drink except for water 8 hours prior to the exam) and inform your physician.

### **Physical Exam**

- Nothing to eat or drink except water from midnight the night before.



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- Please drink water the day of your exam.
- Please do not wear body lotions or oils to your exam. Deodorant is permitted.
- On the day of your exam, please take your blood pressure medications, but not your other medications.
- Bring along a list of all the medications that you take, with the dosages, including over-the-counter medications, herbal medications, and vitamins.

**If This Is A Consultation From A Doctor Outside Our Group**

- Bring your referral information. Verify with your insurance if a referral is needed for the scheduled appointment.
- Bring any results of diagnostic tests (imaging, lab work, consultation notes) regarding the reason for this appointment.