



Dear _____,

Thank you for agreeing to participate in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)! Your appointment at the HCHS/SOL Study Center has been scheduled for:

Day: _____

Date: _____

Time: _____ AM

Please come to:

_____ Northwestern University Clinic at 680 N. Lake Dr., Suite 800

_____ CommunityHealth Clinic at 2611 W. Chicago Ave.

A map and parking directions are attached. For questions, call our centers at (312) 503-7760 (Northwestern U.) or (773) 395-2650 (CommunityHealth) between 7:30 A.M. and 4:00 P.M., Monday through Friday.

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY:

- **FASTING:** Unless you have been instructed to the contrary, you should fast. This means that you should not eat or drink anything (except water) from 12 a.m. (midnight) until your appointment the following morning. We ask you to do this because the clinic staff will be drawing your blood that morning. A snack will be provided during your visit.
- **BLOOD DRAWING:** Do not donate blood during the week before your clinic appointment. If it becomes necessary to give a pint of blood or plasma within 7 days of your appointment, please call and reschedule your appointment.
- **SMOKING AND PHYSICAL ACTIVITY:** Refrain from smoking or physical activity at least **one hour** before your appointment.

- **CLOTHING:** Be prepared to change into a hospital scrub suit or a gown after your arrival; bring or wear comfortable shoes or slippers that are easy to take on and off. Wear loose fitting underwear and leave necklaces at home.
- **MEDICATIONS:** If you are under the care of a health professional, and he/she has indicated to you to take medications in the morning for your **blood pressure (hypertension) or some heart problems** we ask that you do that. In other words, **take your blood pressure or heart medicine before you come to the clinic, so your blood pressure will be controlled during your visit.**

If you take medications for **diabetes**, we ask that you **do NOT take them that morning**, but bring them to the clinic. We ask that you do this in order to avoid a drop in your sugar during your visit since you will be fasting. Once the clinic staff has taken a blood sample, you will receive a snack, and at this time you can take your medications. If you take insulin, please bring it to the clinic, as well as your syringes, strips to examine blood sugar, and your device to measure your blood sugar levels.

If you use an **inhaler for asthma or emphysema or another chronic pulmonary illness**, you can use them that morning. If possible, use them at least 2 hours before your appointment. Note the hour that you used them and notify the person who is going to do your lung function exam.

Be sure to bring all your medications and supplements in their original containers that you have used in the past 4 weeks, even if you did not take them regularly. Bring all your medications that have been prescribed by your doctor and also non-prescribed medications and supplements recommended to you by other people. Also bring teas, powders, lotions, syrups, or other herbal products or natural remedies that you are accustomed to using even if you got them outside the U.S. Even if you have finished the medications or supplements in the last 4 weeks, please bring the labels or bottles with you to your appointment. (See the Medication Instruction Sheet)

- **GLASSES:** If you normally wear glasses for reading, please bring them with you and keep them throughout your visit.
- **PHYSICIAN CONTACT:** Please write down the name and address of your primary care physician on the Contact Information Sheet and bring with you to the HCHS/SOL clinic.
- **GLUCOSE TOLERANCE TEST:** If you choose to do this test you will not be offered any food or drink once you have consumed the glucola drink, until you have a second blood draw two hours later.
- **TRACKING INFORMATION:** On the enclosed Contact Information Sheet, please record the names, addresses and telephone numbers of two contact people to help us keep current on how to locate you in the future.

To help you move through the clinic on schedule, **it is most important that you be on time for your appointment.** Here is a list of activities for your visit:

- Reception
- Urine specimen
- Blood Pressure Measurement
- Blood Drawing
- Glucose Tolerance Test
- Anthropometry (Body Measurement)
- Hearing Test
- Interviews
- Electrocardiogram (ECG)
- Snack
- Dental Exam
- Lung Function Test

Total Exam Time: 6 to 7 hours

If you have any questions or a problem with your appointment, please call the Northwestern University Clinic at (312) 503-7760 or the CommunityHealth Clinic at (773) 395-2650 between 7:30 A.M. and 4:00 P.M., Monday through Friday.

HCHS/SOL is conducted by Northwestern University in collaboration with the University of Illinois at Chicago (UIC).



HCHS/SOL – BRINGING MEDICATIONS TO THE CLINIC

In the bag we provided, please bring with you to your HCHS/SOL visit all medications you have used within the past four weeks. This includes:

- ❖ Prescription drugs from your physician (either from the US or outside the US)
- ❖ Prescription drugs you have been given by a friend or relative
- ❖ Non-prescription drugs (over-the-counter medicines) that you obtained from a drug store, supermarket, or by mail, such as aspirin, cold remedies, vitamins, or the like.
- ❖ Supplements, teas, powders, lotions, syrups or other herbal products or natural remedies purchased in the US or outside the US.

In order to be sure you have included everything, think about the past four weeks. Have you been ill or did you visit a physician or dentist who might have given you medication? For your convenience a list of typical medications or medical conditions requiring medications is presented below to help you remember any medications to bring with you.

Medical Conditions

- Allergies
- Arthritis, joint problems (for example: cortisone-type medicines, anti-inflammatory drugs)
- Birth control
- Cancer
- Constipation
- Coughs and colds
- Diabetes (for example: insulin)
- Fever
- Heart problems, angina or chest pain (for example: digitalis, nitroglycerin)
- High blood pressure
- Hot flashes
- Infections (for example: penicillin, sulfas, or other antibiotics)
- Lung problems (such as asthma, lung disease, emphysema, shortness of breath, wheezing)
- Menstrual problems
- Nausea
- Seizures
- Skin problems
- Thyroid
- Tranquilizers
- Ulcers, stomach problems, digestion
- Vascular problems, blood thinning (for example: dicumarol, Coumadin)
- Weight reduction

Medications

- Antacids: liquids, tablets
- Anti-anxiety, anti-depressants
- Antihistamine
- Appetite suppressants
- Calcium supplements
- Cholesterol lowering agents
- Cough suppressants
- Decongestants
- Diet pills
- Digestive aids
- Eye, ear, or nose: drops, ointments, sprays
- Fish oils
- Hemorrhoidal suppositories
- Herbs or folk remedies
- Hormones
- Iron or anemia medicines (for example: Geritol)
- Laxatives
- Vitamin or mineral supplements
- Muscle relaxants
- Oral contraceptives
- Pain relievers (for example: Codeine, Darvon, Percodan, Tylenol #3/#4)
- Shots or pills to reduce water in the body
- Sleeping pills
- Steroids, cortisone: inhalants, ointments, pills, sprays