



Dear New Patient:

Thank you for selecting me for your health care needs. To insure that we give you the best treatment possible, I have enclosed information about my practice and my nursing and reception staff.

On your first visit to our office, plan to arrive at least **30 minutes** prior to your appointment to allow time for parking, registration, and nurse check-in. Please bring your insurance card and a photo I.D. card with you so that we can scan a copy for our records. **Also, bring all completed questionnaires, medications, supplements, and over the counter medications (in their original containers) that you are presently taking. You will also need to list these on the attached forms where indicated.**

On your initial physical exam, I routinely obtain blood work, urinalysis, and other tests as needed. In order for the blood work to be accurate, you will need to "fast" for twelve hours prior to your appointment. During the "fast" before your appointment, you may only have water and your medications. If you are diabetic, please arrange for an early morning appointment so that you can take insulin and then eat as needed. Bring a snack with you so that you may eat after your blood has been drawn.

During your office visit, we request that you do not wear cologne or perfume out of respect to those who might have allergies or sensitivity to fragrances. We appreciate your understanding.

Welcome and I look forward to seeing you.

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