



# Preparing for the OEUK Medical: Advice for Examinees

You will likely find the process of completing your OEUK medical simpler if you prepare for it by:

- Taking a copy of your most recent previous 'fit to train' certificate with you, and being aware of the date of your next FOET
- If you have a copy of the medical documentation at any of your previous OEUK medical(s) and are willing to share information with the doctor undertaking your next medical, take a copy of the documentation with you.

## If you have high blood pressure:

Ask your GP or treating doctor for a list of your BP readings in the past two years, what your GP's 'treatment target' for your blood pressure is, and what medications (name and dose) you are prescribed (and if this has changed in the past two years).

## If you have diabetes:

Ask your GP or treating doctor for a list of your HbA1c, blood pressure, and weight in the past 2 years, what your GP's 'treatment target' for your HbA1c, blood pressure and weight are, and what medications (name and dose) you are prescribed (and if this has changed in the past two years).

## If you have had a heart attack in the past:

Ask your GP or treating doctor for a list of your blood pressure, blood lipids (this means your 'cholesterol' levels – there will be several different ones) and weight in the past 2 years, what your GP's 'treatment target' for your blood pressure, lipids, and weight are, and what medications (name and dose) you are prescribed (and if this has changed in the past two years).

## If you are in an obese weight category:

Ask your GP or any other clinical facility that has measured your weight for a list of your weight measurements in the past two years. If you know your BMI is 40 or more, ask your GP for a copy of any HbA1c, total cholesterol and HDL blood results that there may be.

**Doing these things may avoid the need for the doctor to seek reports or information from your previous OEUK medical examiner, GP, or treating doctor. Note that you are not obliged to obtain any of this information, or to provide it to the OEUK doctor. Not having the information or not providing it will not affect the ultimate outcome of your medical, but it will slow down the decision if the OEUK doctor needs to obtain the information by writing to your GP.**