

# WHAT TO EXPECT

To help you get the most from your screening, we've pulled together the key information you need to prepare for the day. If you have any further questions about your appointment, you can contact us at -

[info@tomorrowwellness.com](mailto:info@tomorrowwellness.com)



## PREPARING FOR YOUR APPOINTMENT

### Pre-screening questionnaire

- Before you come to your screening, we'll ask you to complete an online questionnaire covering your current physical activity, nutrition, medical and family history, sleep and mental health. This enables us to provide the most relevant and helpful advice.

### What to bring

- Please bring running shoes and clothing suitable for exercise. There are changing rooms and secure lockers if you need to change.
- You may want to freshen up after your exertion test. We have shower facilities, towels and hair dryers but you'll need to bring your own shower gel and any other toiletries you might need.
- Complimentary water, tea and coffee will be available.

### On the day of your screening

- Don't eat a large meal in the 4 hours before your appointment. However, a light breakfast or lunch is fine.
- Don't consume alcohol for at least 4 hours before your appointment. Equally, being hungover is not recommended.
- Don't drink coffee, tea or any other drinks containing caffeine for at least 2 hours before your appointment.
- Don't smoke for at least 1 hour before.
- It's best not to do any vigorous exercise the day before your appointment.

### How long will it take?

- The screening will take about 2 hours in total.

## GOOD TO KNOW

### To change or cancel your appointment

Please e-mail us at [bookings@tomorrowwellness.com](mailto:bookings@tomorrowwellness.com)

### How to find us

- Your screening will take place at the our cardiovascular wellness clinic in Knutsford;

**7a Regent Street  
Knutsford  
WA16 6GR**

- If travelling by car you can park in one of the following car parks:

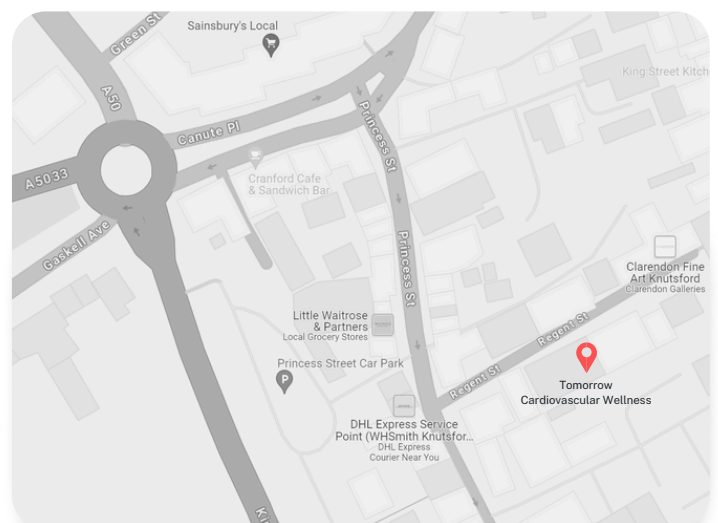
**Silk Mill Street (2 mins walk) - WA16 6DF**

**Princess Street (2 mins walk) - WA16 6BU**

**Old Market Place (2 mins walk) - WA16 6EX**

**Tatton Street (5 mins walk) - WA16 6AG**

- If travelling by train, we are situated a 7 minute walk away from Knutsford train station.



## WHAT TO EXPECT DURING THE SCREENING

The screening consists of three tests along with a consultation with a Tomorrow cardiovascular specialist to discuss your results and personalised action plan.

### 1 BLOOD TESTS – 5 minutes

- We will take a blood sample for a comprehensive blood analysis.
- Over 30 different tests are conducted on your blood sample, including a full blood count, cholesterol profile, urea and electrolytes, and glycated haemoglobin.
- The blood test results won't be ready on the day but will be sent to you about a week after your appointment. These results will be included in your personalised health & wellness plan.

### 2 VASCULAR IMAGING – 25 minutes

- A vascular scientist will examine key blood vessels in your neck, arms, abdomen, behind your knee and legs using ultrasound.
- It is a safe, non-invasive technique that is also used to monitor pregnancy. Ultrasound examinations do not use ionizing radiation (as used in x-rays), so you are not exposed to any radiation.

### 3 EXERTION TEST – 45 minutes

- We use a CardioPulmonary Exercise Test (CPET) to understand how your cardiovascular system is functioning, whether there are any early signs of cardiovascular disease and to measure your level of fitness.
- The CPET involves monitoring your heart and breathing while performing exercise.
- The test also includes an exercise ECG which can detect any structural abnormalities with your heart.
- To perform the test, you'll be using an exercise bike. To monitor your heart, sticky patches called electrodes will be put on your chest. An inflatable cuff on your upper arm will measure your blood pressure, and a soft, comfortable facemask will monitor your lungs.
- You will start by cycling at a steady pace with only light resistance. The bike's resistance will increase gradually every few minutes as you maintain the same pace. You'll keep cycling until you are told to stop or until you are unable to carry on (most people find their legs give out first).
- Some people worry about performing the test and "doing well". While you will be exerted, most of the test is performed within your comfort range with only the final minute or so pushing your heart and lungs hard. Most people recover quickly.
- You'll need to be in your sports clothes; gentlemen: it may be necessary shave some of your chest hair to attach the electrodes.
- We will discuss the results with you during your consultation.
- While the CPET takes about 45 minutes in total, the exercise part will last about 10 minutes.

### 4 EXPERT CONSULTATION – 30 minutes

- One of our cardiovascular specialists will go through your results with you. We will also discuss a personalised, evidence-based action plan to improve your cardiovascular health and manage any risk factors, including specific advice on any medical treatments that are necessary.
- Any further tests or treatment will be arranged quickly and conveniently thanks to our links with a large network of specialists.
- This is also your chance to ask any health-related queries you may have and quiz the expert for any additional advice or tips.

### 5 PERSONALISED HEALTH & WELLNESS PLAN – sent a week later

- We will send your personalised health & wellness plan after your appointment, including the full results from your screening.