

Date: _____

Dear _____

An appointment has been scheduled for your child with the Vanderbilt Lipid Clinic. The appointment with Dr. Jennifer Kelley has been scheduled for _____ at _____.

PLEASE FOLLOW INSTRUCTIONS FOR FASTING DEPENDING ON APPOINTMENT TIME.

We will be drawing blood the day of the appointment and for accurate results, it will be important that your child not have any solid food or sweetened beverages for at least 8 hours prior to appointment.

*****IF YOUR CHILD HAS A MORNING APPOINTMENT (scheduled before 12pm):**

- He/she must be fasting for blood work when they come to clinic. DO NOT LET YOUR CHILD EAT ANY FOOD OR DRINK ANY BEVERAGES WITH SUGAR THAT MORNING. ENCOURAGE YOUR CHILD TO STAY HYDRATED WITH WATER OR SUGAR FREE BEVERAGES

*****IF YOUR CHILD HAS AN AFTERNOON APPOINTMENT (scheduled after 12pm):**

- PLEASE, NO school breakfast or school lunch the day of the appointment. Have your child eat a light breakfast no later than 7 am on the appointment day. Include a source of protein that morning.
Examples: Peanut butter on toast with fruit
Scrambled or boiled egg with toast and fruit
Greek yogurt cup, boiled egg and low fat granola
Low fat cheese melted on toast with fruit
Ham or turkey with low fat cheese sandwich
- Have your child skip lunch and all food based snacks and sweetened beverages until appointment time.
- He/she can eat fat free beef or chicken broth, SUGAR FREE Jell-O or SUGAR FREE popsicles for lunch and afternoon snack if needed.
- Encourage your child to drink lots of water and only SUGAR FREE beverages such as Crystal Light/ MIO, tea with Splenda or Stevia or Lipton DIET green tea prior to appointment to ensure they stay well hydrated to make the blood draw easier on them.

*** IF YOUR CHILD DOES NOT FOLLOW THESE DIRECTIONS AND COMES TO THE APPOINTMENT NON-FASTING, WE MAY NEED TO SCHEDULE ANOTHER APPOINTMENT FOR LAB WORK WHICH WILL DELAY RESULTS AND TREATMENT.

Enclosed is a diet questionnaire and medical history. Please complete this form and bring with you to the visit. Completion of these forms will save you time on the day of your appointment. Also, it is important that you bring your own most recent cholesterol reports at the time of your visit. In addition, if you have any cholesterol reports on grandparents, siblings, children, or any other family members, bring them at the time of your visit.

We are located in the Cardiology Clinic at 100 Oaks Mall, 719 Thompson Lane, Suite 22100, Nashville, TN. The most convenient parking is the self-parking area close to the Michael's store. Enter through entrance E just to the right of Michael's and take the escalator or elevator to the second floor, go thru the glass door, and you will be in front of the Cardiology Clinic.

Thank you for your cooperation, we look forward to meeting you and your child. If you have any questions regarding your appointment, please do not hesitate to call us at (615)936-1450 or (615)-936-1125.. Please call if you are unable to keep the appointment or need to reschedule.

PLEASE BRING YOUR CHILD'S INSURANCE CARD WITH YOU.

Sincerely,
Dr. Jennifer Kelley
Vanderbilt Lipid Clinic

MAP AND DIRECTIONS ATTACHED