

FLIGHT PHYSICAL INSTRUCTIONS:

(These instructions apply to Warrant, Commission, Dive, Crew, Airborne, Ranger, HALO, S.E.R.E., Special Forces, ATC, UAV applicants and annual physicals.)

All Physicals are broken into two parts. **Part I is done by appointment only.** Please call the number below to schedule an appointment. After completing Part I you will be scheduled for Part II. Part I and II are scheduled at least a week apart to provide time for lab results to come back. (Dive physicals may take 2-4 weeks between Part I and II)

Instructions for Part I are listed below:

- **PLEASE BRING YOUR ID WITH YOU.**
- **NOTHING TO EAT, DRINK (EXCEPT WATER), OR SMOKE AFTER 2200 HOURS THE NIGHT BEFORE YOU PLAN ON COMING INTO THE CLINIC. (DO NOT HAVE ANY CAFFEINE, NICOTINE, OR ALCOHOL AFTER 2200.) (THIS STEP IS NOT REQUIRED FOR AIRBORNE)**
- IF YOU TAKE ANY **PRESCRIPTION** MEDICATION ON A DAILY BASIS, IT IS PERMISSABLE TO TAKE YOUR MEDICATION AS LONG AS YOU TAKE THEM **WITH A GLASS OF WATER.**
- **CONTACT LENSES MUST BE REMOVED 24 HOURS PRIOR TO STARTING PART I. IF YOU HAVE PRESCRIPTION GLASSES, BRING THEM WITH YOU. (EYE EXAM WILL **NOT** BE DONE IF YOU ARE WEARING CONTACT LENSES.)**
- YOU SHOULD BE IN PT'S OR CASUAL WORKOUT CLOTHES FOR PART II.
- **PLEASE DRINK PLENTY OF WATER TO AVOID DEHYDRATION. DEHYDRATION CAN CAUSE ABNORMAL LABS. ANY ABNORMAL LABS REQUIRES YOU TO REPEAT THOSE LABS, WHICH MAY DELAY YOUR PHYSICAL.**

**AVIATION MEDICINE CLINIC
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757-314-8026**