Duke Diet & Fitness Center

Admission Checklist

Things to do prior to your DFC admission:

- ☐ If obtaining an Exercise Tolerance Test at home, Please fax the formal test interpretation to the medical clinic at **919-688-8022** in advance of your visit. Also, please bring a copy with you to the DFC. ***This is important!*** If the formal test report is not available at the time of your intake assessment at the DFC, or if the findings are abnormal, your clearance for exercise may be delayed and additional testing may be required.

- ☐ If you have been hospitalized or have seen a doctor for significant problems within the past two years, or if you have medical records that may be helpful to the DFC medical staff, please bring copies for our review. Stress test results or the results of other heart or lung function studies, hospital discharge summaries, recent lab work, summaries of your current medical problems, and a complete listing of your prescriptions will be particularly helpful.

- ☐ If bringing a support person or guest to the DFC, fax support forms (Guest Activity Participation and Release of Liability) to the DFC medical clinic at **919-688-8022**. All guests and support clients must have a brief medical check-in to obtain their exercise clearance. See the criteria for support participants at **dukedietcenter.org** or call **800-235-3853** for information.

- ☐ Bring completed medical and behavioral health questionnaires, personal food record, credit card authorization form, and any other forms noted in your confirmation packet.

- ☐ Review packing list, which was included in your confirmation materials.

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501 Douglas Street
Durham, NC 27705
800-235-3853

For details and directions, visit **dukedietcenter.org**
or e-mail us at **DFCINFO@mc.duke.edu**.