December 8, 2021

`r first\_name`

`r last\_name`

`r street\_address`

`r city`

,

`r state`

`r zipp`

RE: Vanderbilt Memory & Aging Project

**`r Epoch`**

Visit –

**`r visit1\_date`**

at

**`r visit1\_time`**

**`r day2`**

**`r day3`**

Dear

`r salutation`

`r last\_name`

,

Thank you for participating in the Vanderbilt Memory & Aging Project (VMAP) Study. Your

`r Epoc`

visit is scheduled for

**`r visit1\_date`**

at

**`r visit1\_time`**

and will last approximately

**`r visit1\_hours`**

hours.

**`r add\_day2`**

**`r add\_day3`**

Ahead of your visit, please review the material below and contact us with any questions.

1. **Location and Directions.***:*

`r location\_day1`

`r location\_day1\_extra`

`r location\_day2`

`r location\_day3`



`r t\_need`

`r hotel`



You will be asked to wear a mask throughout your visit; if you do not have a mask, one will be provided.

1. **Study Itinerary and Visit Instructions.** We have included a study itinerary with a schedule and instructions for how to prepare for your visits. **It is important that you carefully read the visit day instructions and closely follow them**.

`r consent`

`r cdrq`



`r histor`



`r partner`

`r envel`

If you have any questions, you may reach us at 615-347-6937. We look forward to seeing you on

`r visit1\_date`

at

`r visit1\_time`

, and thank you for your contribution to our research efforts.

Sincerely,



Paige Crepezzi BSN, RN

Research Nurse Specialist

Vanderbilt Memory & Alzheimer’s Center

Phone: 615-347-6937

Email: paige.e.crepezzi@vumc.org

**Day 1**

**`r Epoch`**

Visit Agenda for

**`r first\_name`**

Day 1:

**`r visit1\_date`**

at

**`r visit1\_time`**

**Preparing for the Study Visit:**

Please adhere to the following guidelines in preparation for your visit:

1. If you wear a wedding ring or other jewelry, you will have to remove them before you have the MRI scans.
2. You may need to remove any wigs, hairpieces, or hair extensions before your MRI scans. If possible, please leave these items at home.
3. Please do not wear any tinted hair wax or dry shampoo, as these may pose a safety concern during the MRI.
4. Please remove any nail polish or artificial nails prior to your visit.
5. No lotions, perfumes, or scented deodorants may be worn during your visit.

**If you wear reading glasses or hearing aids, please be sure to bring these items with you to the appointment.**

**Study Visit Itinerary:**

**Study Visit Itinerary – Day 1:**

**Day 2**

**`r Epoch`**

Visit Agenda for

**`r first\_name`**

Day 2:

**`r visit2\_date`**

at

**`r visit2\_time`**

**Preparing for the Study Visit:**

1. **Do not eat or drink anything other than water after midnight on the evening before your visit.** Participation requires a fasting blood draw upon arrival of the study visit. You may take your regularly scheduled medications the morning of your visit. If you take insulin, please give us a call at 615-347-6937 prior to fasting. We will provide breakfast at the end of the visit.
2. **Drink plenty of water the night before and morning of your appointment**. We recommend drinking **at least eight glasses of water** the day before your visit. One possible side effect of a lumbar puncture is a headache, which can often be avoided by staying well hydrated. Being well hydrated will also help to make the blood draw more comfortable.
3. **If you are taking prescription blood thinners** (e.g., Plavix, Warfarin, Pradaxa, Coumadin), you should not participate in the lumbar puncture. If you are taking one of these medications, please call us as soon as possible (615-347-6937).
4. **If you have been prescribed aspirin that is greater than 325 mg by your doctor** for a medical reason, please follow these instructions after consulting with your doctor:
   1. Stop taking the aspirin one week before the LP and restart it the day after the LP.
5. **If you are taking aspirin greater than 325 mg on your own** for general health, please follow these instructions:
   1. Stop taking the aspirin one week before the LP and restart it the day after the LP.
6. If you wear a wedding ring or other jewelry, you will have to remove them before you have the MRI scans.
7. You may need to remove any wigs, hairpieces, or hair extensions before your MRI scans. If possible, please leave these items at home.
8. Please do not wear any tinted hair wax or dry shampoo, as these may pose a safety concern during the MRI.
9. Please remove any nail polish or artificial nails prior to your visit.
10. No lotions, perfumes, or scented deodorants may be worn during your visit.

**We will provide scrubs for you to wear throughout your visit. If you wear reading glasses or hearing aids, please be sure to bring these items with you to the appointment.**

**Study Visit Itinerary – Day 2:**

**After your Visit:**

Please follow these guidelines after your visit:

1. No heavy lifting or vigorous exercise for 24 hours after the LP. This will reduce the risk of low back soreness or headache.
2. Stay well hydrated during the 24 hours after the LP. This will also help avoid a headache.

The day after your visit, a study coordinator will call you to see how you are doing. You may also reach a team member at any time by calling or texting (615) 347-6937.