What To Expect at a Research Appointment

We understand that participating in a clinical trial can be a significant commitment. We hope that understanding what to expect during your research visits may ease your concerns. Each clinical trial is unique and may have its own requirements. However, here is a general list of what you might encounter.

Pre-Visit Preparation
Most likely you will have already discussed the study with a member of the research team and received a copy of the informed consent form to read. You may receive a reminder call or message about your appointment. Before your appointment, gather necessary documents, such as ID and insurance information, to present at the time of the visit.

Arrival
When you arrive for your appointment, check-in at the reception desk. You may need to complete some paperwork. You will review the informed consent form, which details the study's purpose, procedures, potential risks and benefits. You can ask questions at any time. If you still wish to participate, you will sign the consent form in the presence of the research staff and receive a copy for your records.

Initial Assessments (Screening Visits)
Before you begin, the research team will perform several initial assessments and tests, including:

- **Medical history review**: The research team will review your medical history and any medications you're taking.
- **Physical examination**: A brief physical exam may be conducted to assess your overall health.
- **Vital signs**: Expect to have your blood pressure, heart rate and other vital signs checked.
- **Laboratory tests**: Blood tests or urine tests may be performed to monitor your health or assess specific lab values relevant to the research study. If you are a female of childbearing age, you may have a pregnancy test.
- **Other testing:** Depending on the type of research medication or device you will be receiving, you may have other testing, such as an EKG, pulmonary function test, ultrasound, CT scan or echocardiogram.

Interim Visits
Once your screening assessments are reviewed and are acceptable, you will continue visits at regular intervals. These visits will most likely be similar to the screening visit testing.

For drug studies, if randomization is required for this trial, this will occur at the interim visit in most cases. You may receive active medication at a certain dose or a placebo, which has no active medication in it. You will not know which you are on until after your participation in the study is complete. A dosing visit is an appointment where the study drug is received and administered. The instructions on administration (if applicable) will be provided.

Monitoring and Assessments
Your condition will be monitored throughout the trial to determine results. You may be asked to participate in the following items to gather data and results:

- **Follow-up assessments**: You may be asked about any side effects or changes in your condition.
- **Questionnaires**: You may need to fill out questionnaires about your health, quality of life or symptoms.

Post-Visit Instructions
The research team will inform you about the next visit, what to expect and any home care instructions. Make sure you receive contact information to use if any questions or concerns come up following your visit.

Additional Considerations
Before agreeing to participate in a clinical trial, think about the following considerations:

- **Time commitment**: Visits can last from a couple of hours to a full day, so plan accordingly.
- **Compensation**: Some trials offer compensation for your time and travel; inquire about this if applicable.
- **Support**: Feel free to bring a friend or family member for support, especially if you have questions.
- **Routine care:** Your primary care provider will remain responsible for your routine care. If you experience any problems, you should inform your study doctor and the research coordinator.

Patient Protections
Any patient enrolled in research at ProMedica is afforded certain protections. The ProMedica Institutional Review Board ensures that research is done ethically and that human subjects are protected. Please contact them with any questions or concerns regarding your protections in the participation of a clinical trial.

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