



Patient Instructions

The day of your appointment:

*Our testing is performed on a strict time schedule, so **please be on time**. The following reminders will help make your visit go more smoothly.*

- 🌀 Do not take any supplements or unnecessary medications for 4 hours before your appointment.
- 🌀 Please drink about 40% of your body weight in ounces of water per day, starting three days prior to your visit. We will need you to be well hydrated, otherwise we cannot test you on the day of your appointment.
- 🌀 Do not wear pantyhose or clothes with very tight sleeves, as they will interfere with the testing procedures.
- 🌀 Do not wear any jewelry. (You may wear your wedding ring if you cannot remove it.)
- 🌀 Please do not take any aspirin or pain medication for 12 hours before being tested, if possible.
- 🌀 Do not consume alcohol or any other caffeinated drinks for 12 hours before your appointment.
- 🌀 Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, **hand lotion**, aftershave or cologne on the day of your visit (**before or after treatment**).
- 🌀 Please schedule your appointment so that you are not being tested during the first three days of your menstrual cycle.
- 🌀 If you need to reschedule your appointment, please do so no later than noon two (2) business days prior to your appointment to avoid a cancellation fee.
- 🌀 We may be performing several tests during your visit. Please fill out the questionnaire before arriving to you appointment.
- 🌀 At the end of your visit you may be given some instructions and a list of foods to avoid for 24 hours.
- 🌀 Please eat before your appointment. You may be asked to avoid food for a short time after your visit or to eat very little. Do not come to the office hungry.



The day of your treatment:

- 🌀 You may not shop at any food or department stores for eight hours after the visit. So please shop in advance of your visit.
- 🌀 You may not go to a restaurant for eight hours. (for *any* reason)
- 🌀 You may not visit a hair salon, barber shop, or nail salon for twelve hours after being treated.
- 🌀 You must avoid all chemicals for twelve hours, so please refuel your automobile before your visit.
- 🌀 You may not bathe or shower for eight hours after treatment, so please shower before your visit.
- 🌀 Do not chew gum, use breath mints, drink anything except water or eat anything after arriving for your visit.
- 🌀 Not permitted for twelve hours after treatment: *Chiropractic Adjustments, Massage, Acupuncture, Vigorous Exercise, Hot Tub, Sauna, Steam Room or Swimming.*
- 🌀 You may not consume alcohol for twelve hours after treatment.
- 🌀 Do not eat a large meal after treatment.
- 🌀 You may be given a list of additional things to avoid for twenty-four hours after treatment.

The restrictions above are designed for the worst-case scenario.

We have designed these suggestions based on years of practical experience. You may be able to break some or all of the rules and do just fine, or you may bend one rule and have to repeat the visit. You will have the best chance for success if you follow all the suggestions. The restrictions are to be followed for 24 hours, a small price to pay for a long-term benefit.