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Planning for success: these reminders will help your appointments go smoothly.

- Please do not take any supplements or unnecessary medications for (4) hours before your appointment.
- For optimal hydration, please drink 8-10 glasses of water the day before and the day of your visit.
- Do not wear pantyhose or clothes with tight sleeves. Preferably, females can bring a light colored sports bra and males can just remove their shirts. We do have gowns that open in the back if you forget.
- Please do not wear any jewelry except your wedding rings. For security purposes please leave your valuables at home.
- Please leave your cell phone in your vehicle. Cellular signals interfere with our sensitive equipment.
- Please do not take any aspirin or pain medication for 12 hours before being tested, if possible.
- Please refrain from using alcohol for 12 hours prior to your appointment.
- Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, **hand lotion**, aftershave or cologne on the day of your visit. Please also refrain from applying these items for at least (6) hours following your test procedure.
- Please schedule appointment so that you are not being tested during the first three days of your menstrual cycle.
- Please expect to be here at least 60-90 minutes for your initial evaluation, consultation and testing procedure.
- Please eat before your appointment. You may be asked to avoid some foods for up to 24 hours



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Planning for success: guidelines for activities **Following** your treatment:

- Please shower **before** your visit as you will not be permitted to bathe or shower for 8 hours after treatment. 😊
- Please avoid **all** restaurants, retail shops and grocery stores for 8 hours after your visit.
- Please refrain from visiting hair salons, barber shop, and nail salons for 12 hours after being treated.
- You will need to avoid contact with **all** chemicals including inhalants for 12 hours. If necessary please refuel your automobile before your visit.
- Once you have arrived in our office, please do not chew gum, use breath mints, eat or drink anything except water during your visit.
- Please refrain from the following activities for 12 hours following treatment: *Massage, Chiropractic Adjustments, Acupuncture, Vigorous Exercise, Hot Tub, Sauna, Steam Room or Swimming.*
- Please refrain from using alcohol for 12 hours after treatment.
- Do not eat a large meal after treatment. Please eat a comfortable meal prior to arriving and if necessary, a small afternoon or evening meal following treatment.
- Depending on your individual test results, you may be given a list of food items to avoid for up to 24 hours after treatment.

Thank you for planning appropriately and adhering to these important guidelines. Failure to follow these guidelines may result in the need for a re-visit. If you have questions about anything that is not listed here, please ask us – we're happy to answer any questions you may have.

Your successful treatment is our #1 Priority!!