



## *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 four hours before your appointment.
- 🌿 Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated.
- 🌿 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.
- 🌿 Please do not take any aspirin or pain medication for 12 hours before being tested, if possible.
- 🌿 Do not consume alcohol 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**).
- 🌿 Please schedule 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. You will be filling out an extensive questionnaire and speaking with the doctor. Expect to be here at least one hour.
- 🌿 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.