



Thank you for your interest in the BioScan SRT

## **PRE/POST-VISIT INSTRUCTIONS**

### **THE DAY OF YOUR APPOINTMENT:**

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

- Do not take any supplements or unnecessary medication for an hour before your appointment.
- Avoid eating one hour before your appointment.
- Please drink a lot of water for 24 hours before your appointment.
- Most treatments involve acupuncture points on the lower leg, forearms and back.
  - Wear loose pants that can be rolled up
  - Wear a white sheer shirt to your appointment or bring one that you can change into.
- Do not wear perfume, strong smelling deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.
- If you need to reschedule your appointment, please provide at least 24 hours notice.

### **AFTER YOUR TREATMENT:**

For 3 hours after your treatment we recommend if possible, DO NOT:

- Shop
- Go to restaurants
- Visit hair salons, Barbershops, nail salons
- Gas your car
- Chew gum, use breath mints
- Drink anything except water
- Eat anything
- Do anything that is highly stressful or stimulating
- Do not have a massage, Acupuncture, Vigorous Exercise, Hot Tub, Sauna, Steam Room or swimming)

This is to avoid exposure to foods and chemicals that you eat, drink, breathe or put on your skin and is strongly recommended for best results.

You may be able to break some or all of these rules and do just fine. To experience the best results, follow all suggestions. The restrictions are for three hours, a small price to pay for long term benefit.