



The day of your testing 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 vitamins, supplements or unnecessary medications for 24-48 hours before your appointment.

Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated or else you will not be able to be tested.

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.

Do not consume alcohol for 24 hours before your appointment.

Please do not wear perfume, deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.

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.

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.