

**Natural Solutions Health & Wellness Center**  
**Preparation and Testing Instructions**

**Dear**

**Appointment Date:**

**Time:**

1. Drink 8, 8oz. Glasses of water the day before the test and continue drinking water up to 30 minutes prior to your appointment time.
2. Please do not drink alcohol or caffeine within 12 hours of your testing time.
3. Do not eat 2 hrs. prior to testing time – you may bring a light snack following the scan. \* If you are diabetic please follow your regular protocol. \*
4. Stop all supplements 24 hours prior to testing. Allergy medicine is ok if they must be taken. **DO NOT STOP ANY PRESCRIPTION DRUGS!**
5. Bring with you any supplements, over the counter, or prescription drugs you are **currently taking.**
6. Do not place any supplements or pills in your pockets the day of your scan.
7. Do not wear any of the following the day of the scan:  
Jewelry                      Watches                      Magnets                      Cell Phones  
Lotions                      Oils                      Perfumes                      Colognes  
\* No scents of any kind on skin or clothes please. \*
8. The scan can not be performed if you have any of the following:  
Organ Transplant  
Pacemakers  
If you are Pregnant  
Shunts of any kind  
Seizures: No multi scan if on medications
9. Please do not chew gum while being tested.
10. No smoking 6 hours prior to your appointment time.

Due to our waiting list of clients we must charge for any missed appointments. Please be considerate and reschedule appointments 24 hours in advance to refrain from being charged for these missed appointments. Please allow ample travel time to get here so you will not be late.

**Natural SOULutions Health and Wellness Center**  
**4224 Ijamsville Rd.**  
**(Entrance off of Ball. Rd)**  
**Ijamsville MD. 21754**  
**301 865-8471**