

## **Patient Instructions For Live Blood Analysis**

Drink plenty of water the day before and day of your consultation.

Avoid any alcohol for 24-48 hours prior to your consultation.

Do not take any vitamins or supplements if possible for 24-48 hours before your consultation.

Do not take any medication (**if safely possible**) for 24 hours prior to your consultation, if in doubt please check with your doctor, pharmacist or practitioner.

The analysis works best on an empty stomach. Please have nothing to eat or drink for at least 6 hours before your appointment, except for pure water.

For morning appointments, an overnight fast is ideal.

For afternoon appointments try to fast, if you are not able to fast, have a light breakfast (ensuring that it is at least six hours away from your appointment time).

Avoid using any creams or lotions on your hands the day of your consultation.

Please avoid wearing any strongly scented perfumes or body products the day of your consultation.