

REMINDER

1. On your appointment date, do not apply lotions, creams, moisturizers, etc. to hands or feet. Wash hands and feet as close to your appointment time as possible.
2. Remove battery-operated devices or any devices containing magnets from body or from your pockets (cell phones, pagers, hearing aids, watches, calculators, magnetic bracelets, shoe inserts, car key remotes, etc.).
3. Remove any medications, vitamins, herbs, chewing gum, or food from your pockets.
4. If possible, avoid any contact with substances you seem to be having sensitivity or allergy to for 24 hours prior to your test.
5. Be sure to properly hydrate by drinking two eight-ounce glasses of water one hour before arriving for your appointment. In hot weather, be sure to increase this amount.

