Journey to Health Inc.

Patient Instructions Preparing for Dynamic Blood Analysis

Dynamic Blood results need to be done when patient has an empty stomach or has not eaten in approximately 6 hours. Water is the only liquid patient is able to consume prior to test. For morning appointments do not have anything to eat, just drink plenty of water. For afternoon appointments try to fast, if not have a light breakfast which is six hours before appointment.

Drink lots of water the day before and the day of appointment.

Do not take any unnecessary vitamins or supplements the day before your consultation.

Avoid alcohol for 24 – 48 hours prior to appointment.

Only take necessary pharmaceuticals prior to appointment.

Avoid using cream or lotion on hands the day of consultation.

Avoid wearing strongly scented perfumes and body products the day of consultation.

Patient may bring small snack such as: grapes, cheese, yogurt, or banana. Please do not bring anything that could spill as this could damage the equipment.