

NUTRI-SPEC EXAMINATION

PRE-TEST INSTRUCTIONS

Preparation for your Nutri-Spec Exam is very important. Please read these instructions and if you have any questions call us immediately. It may be helpful to **mark your calendar 3 days** prior to your test to begin this pre-test protocol.

* Avoid OTC medications, vitamins or herbal supplements for **three days** prior to testing – this includes allergy meds and pain relievers. If feel you can not go 3 days without please call to discuss.

*Avoid all “necessary” medications for **twenty-four hours** prior to testing if possible. Please consult Dr. Aker regarding medications you may be taking that you are unable to stop for 24 hours. If you usually take a medication in the morning we may request you take it after your test. If you take it in the evening we may ask you to not take it the evening before your test.

- **Avoid coffee, tea, soda, chocolate and alcohol for twenty-four hours prior to testing.**
- **Avoid all carbonated beverages for twelve hours before testing.**
- **Avoid candy, cough drops, breath fresheners, and food for one hour before testing. You may drink water but nothing else.**
- **During the test, blood pressure and skin responses will be tested on the arm so please wear a short sleeve or loose sleeve shirt that can be rolled up. Also, bring your symptom survey and three day food diary forms as well as a list of current medications and/or supplements you take to this first appointment.**
- **We will be asking for a urine sample upon your arrival to the office. THIS DOES NOT HAVE TO BE THE FIRST URINE CATCH OF THE DAY.**

Please Note - For those patients who may have tested in the past - there is no longer a 24 hour fast prior to testing. You may eat before your test as long as it has been **at least one hour before your test** – but follow the 24 hr rule above and do **not have coffee/tea or anything caffeinated on the day of testing** and nothing but water for one hour prior to the test so as not to affect the saliva PH test.

****RETEST INSTRUCTIONS FOR FOLLOW UP TESTING** – You will follow the same 3 day guidelines as above except that **you will continue to take all of your recommended Nutri-spec supplements right up to the date of the testing including the morning of the test.**