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## The Nyerongsha Institute for Tibetan Medicine and Culture

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### PRE-CONSULTATION INSTRUCTIONS

*(Please follow these guidelines before every appointment)*

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#### 24 hours BEFORE an appointment

<b>NO:</b>	<b>Red meat</b>	<b>Alcohol</b>	<b>Vitamins</b>
	<b>Red beets</b>	<b>Coffee</b>	<b>Nutritional yeast</b>
	<b>Red Swiss chard</b>	<b>Black tea</b>	<b>Foods/substances that change</b>
	<b>Asparagus</b>	<b>Chocolate</b>	<b>the color of your urine</b>
	<b>Strenuous activity</b>	<b>Sexual activity</b>	<b>Foods that are unusual to your</b>
	<b>Precious Pills</b>	<b>(i.e., orgasm)</b>	<b>diet</b>

**NO: Medications** (unless prescribed as critical to your ongoing health)

Note: Your usual Tibetan herbs are OK.

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#### ON THE DAY of each appointment

**If you have an early morning appointment** (before 10:00 a.m.)

**No food, herbs or beverages except water.**

(Within health constraints. Please eat lightly (*see below*) if you are diabetic or have other health concerns. If you are sick, you can take Tibetan herbs that are directly related to your illness.)

**If your appointment is later** (after 10:00 a.m.)

**Eat as lightly as possible.**

(E.g., bread, cereal, water, fruit, nuts, etc.)

**DO NOT USE:**

**Nail polish, lipstick, perfume, or soap**

(A quick rinse with plain water is OK.)

#### BRING URINE SAMPLE

Use a dry, clean, clear glass jar or bottle with a *tight, well-fitting lid*. We also recommend placing the jar in a plastic ziploc bag or similar packaging.

Collect a sample of your first urination after 2:00 am. If you have frequent urination at night, take the first sample after 5:00 am. **DO NOT REFRIGERATE**. Do not drink extra water to induce urination.

**BRING YOUR TIBETAN HERBS** (Leftovers and/or empty bags, if available, from previous visits)

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**ARRIVAL TIME:** Please arrive 10 minutes early for every appointment.

**CANCELLATIONS:** 48 hours notice is required for cancellations and rescheduling. If you cancel or reschedule an appointment in under 48 hours, you will be billed for the consultation fee. (Accommodations can be made for a true emergency.)