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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.)*

**BEFORE each appointment** (24 hours before taking your urine sample)

<b>NO:</b>	<b>Red meat</b> <b>Red beets</b> <b>Red Swiss chard</b> <b>Asparagus</b> <b>Strenuous activity</b> <b>Precious pills</b>	<b>Alcohol</b> <b>Coffee/black tea</b> <b>Chocolate</b> <b>Vitamins</b> <b>Sexual activity</b> (i.e., orgasm)	<b>Nutritional yeast</b> <b>Foods/substances that change</b> <b>the color of your urine</b> <b>Foods unusual to your diet</b> <b>Red fruit (such as berries)</b> <b>Red fruity teas</b>
<b>NO:</b>	<b>Medications</b> (unless prescribed as critical to your ongoing health) <b>Tibetan herbs</b> (unless Dr. Dickey has told you to continue your herbs during this period)		

**ON THE DAY of each appointment**

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

**No food, herbs, Tibetan herbs, or beverages except water.**  
(However, please eat lightly (*see below*) if you are diabetic or have other health concerns. In some cases Dr. Dickey may ask you to continue your Tibetan herbs, but otherwise skip them again today.)

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

**Eat as lightly as possible.**  
(E.g., bread, cereal, water, fruit, nuts, etc.; no caffeine.)

**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 a.m. If you have frequent urination at night, take the first sample after 5:00 a.m. **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.

**CANCELLATION FEE** Since we have a long waiting list of deserving patients, your appointment is considered a firm commitment. You will be asked to pay a fee (\$50) if you cancel within 48 hrs. (Exception: Serious injury, public emergencies, etc.)