ཀླུ། ཉག་ར་ང་ཤག་པོད་ལུགས་གསོ་རིག་རིག་གནས་འགྲོ་ཕན་གླིང།

The Nyerongsha Institute for Tibetan Medicine and Culture

PRE-CONSULTATION INSTRUCTIONS

(Please follow these guidelines before every appointment)

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

NO:

- **Red meat**
- **Red beets**
- **Red Swiss chard**
- **Asparagus**
- **Strenuous activity**
- **Precious pills**
- **Alcohol**
- **Coffee/black tea**
- **Chocolate**
- **Vitamins**
- **Sexual activity** (i.e., orgasm)
- **Nutritional yeast**
- **Foods/substances that change the color of your urine**
- **Foods unusual to your diet**
- **Red fruit (such as berries)**
- **Red fruity teas**

NO: **Medications** (unless prescribed as critical to your ongoing health)
Tibetan herbs (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 instruct 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.)

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.)**

S.F. Bay Area/Los Angeles: (310) 551-2658 • San Diego: (619) 624-0506 • Tucson: (602) 954-7148 or (602) 568-0107