



Tibetan Healing Center

PREPARATIONS FOR YOUR FIRST APPOINTMENT

with Lobsang Dhondup, Traditional Tibetan Physician

THE DAY BEFORE YOUR APPOINTMENT

- ❖ Do not have vitamin, mineral, or herbal supplements **for 24 hours before the urine sample.**
- ❖ Do not have any caffeine, alcohol or spicy foods the day before, AND the day of your appointment.
- ❖ No beets or asparagus 24 hours before urine sample is produced.
- ❖ Women: the doctor cannot see you the first four days of your monthly period, as the pulse reading would not be accurate.

THE MORNING OF YOUR APPOINTMENT URINE COLLECTION

The first time you awake and urinate after 2:30/3:00 AM, collect a sample of this urine and bring it with you. **(To collect it in a container that you DO NOT want returned)**

Example: If you get up during the night to urinate, AND it is after 3:00 AM, this is the urine you need to save. If you get up at 6:00AM, and this is the first time you are urinating since 3 AM, this is the one you save, etc. etc... Collect the urine in a clean glass/plastic container with a tight lid. **DO NOT REFRIGERATE**

- ❖ After you have collected your first morning urine, you may take vitamins and minerals.
- ❖ **Do not have any caffeine or alcohol** (including chocolate, black/green tea, soda pop, alcohol based herbal tinctures) until after your appointment. These items affect your pulse.
- ❖ You may take any regular medication(s) you are currently on.
- ❖ **No fasting** the day before, nor the morning of the appointment.
- ❖ Please bring a list of any medicine, herbs, and supplements you are taking.
- ❖ Any current medical reports can be of assistance, too.

SECOND AND OTHER APPOINTMENTS THEREAFTER

- ❖ A urine sample is not needed unless the doctor requests it of you.
- ❖ No caffeine and alcohol 24 hours before your scheduled appointment.

WE NEED TO HAVE 48 HOUR NOTICE OF CANCELLATIONS.

We accept, cash, checks, Master card and Visa

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