



adults . children . pregnancy

CRAM

CHIROPRACTIC and WELLNESS
CENTER

PRE-SCANNING INSTRUCTIONS

The day of your appointment:

*Our testing is performed on a strict time schedule, so **please be on time.**
The following reminders will help make your visit go more smoothly.*

- ❖ Do not take any supplements or unnecessary medications for four hours before your appointment.
- ❖ Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated.
- ❖ Do not wear pantyhose or clothes with very tight sleeves, as they will interfere with the testing procedures.
- ❖ Do not wear any jewelry. You may wear your wedding ring.
- ❖ Please do not take any aspirin or pain medication for 12 hours before being tested, if possible.
- ❖ Please do not get Acupuncture, Massage, Chiropractic Adjustments, or Energy Work 12 hours before being tested.
- ❖ Do not consume alcohol for 12 hours before your appointment.
- ❖ Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.
- ❖ Please schedule appointment so that you are not being tested during the first three days of you menstrual cycle.
- ❖ Please have questionnaire filled out before your appointment.
- ❖ Expect to be here at least one hour.
- ❖ Please eat before your appointment. It's possible you may have a treatment. You may be asked to avoid certain foods for a time after your visit. Do not come to the office hungry.

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