



2386 Thomas Dolan Parkway
Carp, Ontario, K0A 1L0 Canada
Ph: (613) 839-1198, Fx (613) 839-3909
email: clinic@ecowellness.com
www.ecowellness.com

Patient Notes for Regutherm

Please follow guidelines as closely as possible:

1. The regutherm test is **done with in 2-3 hours after your regular waking time.**
2. When you come for an exam, **please arrive calm and relaxed**, not rushed, too hot or too cold.
3. **Stop taking medication 4 days** before the exam (no sleeping pills, pain-killers, sedatives or laxatives or homeopathic remedies). If you are taking a **necessary medication** (e.g. for diabetes, asthma, heart conditions, high blood pressure, birth control, etc), **continue** to do so. Just **let us know** so we can take this into account when analyzing results.
4. **Do not engage in energy work** of any kind for at least the day before the test, i.e., reiki, massage therapy, cranial sacral, NAET treatments etc. **Do not meditate** that morning if you do have such a practice.
5. On the day of examination do **have a light breakfast. Do not drink any coffee, black tea or alcohol.** .
6. **Do not shower or wash yourself in cold water. Do not use cosmetics or body products that day.** You should dress in comfortable clothing which can be easily removed (**no bra, no tight fitting undergarments and a loose belt**). You will be removing all your clothes, except underpants during the exam. Your lower arms should be covered with long sleeves. Avoid synthetic fibers if possible.
4. If possible, bring last year's medical and dental records, including a set of dental x-rays, to your follow-up visit, if applicable.

Twenty-four hours notice hours is required for canceling, otherwise a fee for the full visit will be charged.