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Patient Notes for Metabolic Analysis Test (Reams Test)

The Metabolic Analysis (Reams) test is a laboratory procedure which analyzes urine and saliva to determine how well your body's metabolism is working. Metabolism is the digestive ability of the body from the mouth, stomach and intestine right down to the absorption and elimination in each cell. Identifying and correcting metabolic imbalances allows the body to nourish and cleanse itself effectively, which then results in improved healing.

To prepare for this test please follow these instructions:

- 1. No food for three hours before scheduled time of test. Please do not eat asparagus, rhubarb or drink cranberry juice for 48 hours before the test.** Your normal water intake is fine during these three hours, but no other beverages. If you have trouble lasting this long without food, bring a snack to eat right after giving the samples in our office.
- 2. Do not use toothpaste, mouthwash, lipstick or any breath fresheners at least three hours before** the test that day. Brushing with water is fine.
- 3. Discontinue supplements** – herbs, vitamins, minerals, “greens” products and antacids – **for 24 hours before** the test. Your usual prescription medications are fine, but please make the doctor aware of what you are taking, so he/she may take that into consideration when interpreting the results of the test.
4. Continue smoking if you already use tobacco. Simply rinse your mouth with water 10 minutes before the test.
5. If you are currently menstruating, please reschedule the test.
6. Urine and saliva samples will need to be taken at the office.

If there are any concerns please call us at 613-839-1198 during office hours.