

Optimal Health Assessment - Guidelines

Patient Preparation Guidance for Optimal Health Assessment appointment

OPTIMAL HEALTH ASSESSMENT AND OPTIMAL HEALTH RE-TEST

To maximise the efficacy of your Optimal Health Assessment

PLEASE NOTE THESE CONTRA INDICATIONS AND CONTACT US NOW IF ANY OF THEM WILL BE A PROBLEM FOR YOU

NO CARDIAC PACEMAKERS or **IMPLANTED ELECTRONIC DEVICES**

METALLIC PARTS – if you are fitted with any

ANY MISSING LIMBS – may cause a problem in function

PREGNANCY - after 6 months

TREMOR - if you are not able to sit still for 3 minutes

NO IUD fitted (copper or Mirena coil)

SKIN LESIONS – cannot be in contact with electrodes

EXCESSIVE PERSPIRATION – may cause a problem in function

A SMALL FOREHEAD - may not allow required distance between the electrodes

PLEASE NOTE THAT THE PROCESS AND THEREFORE ACCURACY OF ASSESSMENT CAN ALSO BE AFFECTED BY THESE THINGS. It is your decision to proceed, please advise us on the day if any of them affect you

FRONTAL SINUSITIS

MENSTRUATION - just before, during or after your bleed

FEVER OR SHOCK

HEART OR KIDNEY FAILURE

OEDEMA

DIARRHOEA

BEFORE YOUR CONSULTATION

FAST - You are required to fast for 2 hours before each assessment. No eating or drinking during the test.

DRESS - wear loose fitting comfortable clothes

NO NAIL VARNISH OR FALSE/ARTIFICIAL NAILS

HYDRATION - arrive well hydrated to your appointment
Drink 1 glass of still water before and after each diagnostic or treatment

SUPPLEMENTS AND MEDICATION

Take supplements as normal.

Please make us aware of use of diuretics and any medical drugs through completion of your questionnaire

Do not abruptly stop ANY pharma medication – but specifically advise if you have taken a diuretic.

NO ALCOHOL OR RECREATIONAL DRUGS – for at least 24 hours before consultation

NO INTENSE ACTIVITY – for at least 24 hours before consultation

NO SAUNA – for at least 24 hours before consultation