



CONNERS
CLINIC

Preparation for your 2-Day Visit

Below are a few things to help us help you:

1. In preparation for your exam with Dr. Conners, he requests that:
 - You refrain from drinking any alcohol for at least 24 hours prior to your visit
 - You refrain from consuming any caffeine for at least 4 hours prior to your visit
 - You refrain from any exercise for at least 4 hours prior to your visit
 - You refrain from using a Sauna or other therapy for at least 24 hours prior to your visit
 - You refrain from wearing all jewelry
 - You try to drink 2 glasses of water prior to your visit
2. In preparation of Dr. Conners possibly wanting to do Thermography we ask that:
 - You refrain from taking a bath (shower is fine as long as you do not spend too much time under a hot stream) the morning of your visit
 - You refrain from shaving any body parts (for women only) the morning of your visit
 - You refrain from using ANY lotions, oils, powders, antiperspirants, or makeup the morning of your visit
 - You refrain from having a massage or doing any skin-brushing of any kind for at least 24 hours prior to your visit
 - You refrain from smoking the morning of your visit
 - You refrain from any acupuncture treatment of any kind for at least 24 hours prior to your visit

Thank you