



## **Is there anything special I need to do before my acupuncture treatment?**

*To get the most from your acupuncture treatment:*

- Try to get sufficient sleep the night before your appointment.
- Brush your teeth but not your tongue on the day of your appointment. Observation of the tongue is an important part of evaluation.
- Have a light snack about 2 hours prior to treatment, but avoid eating a large meal directly preceding.
- Drink 1 or 2 eight-ounce glasses of water about 2 hours prior to treatment.
- Avoid alcohol, caffeine, nicotine, icy-cold, fried and spicy foods at least 6 hours before and after treatment.
- Continue prescription medication as directed by your physician.
- Bring a complete list of all prescription drugs, over the counter medications and supplements you use to your first appointment.
- Include dosage, frequency and name of your prescribing physician.
- Please bring any recent radiology reports and blood analysis results.
- Wear loose, comfortable slacks or skirt and loose sleeves that may be rolled up above the elbow.
- Please, do not wear a one-piece outfit, hose, or tightly fitting pants.
- Please leave jewelry at home or you will need to remove it for your treatment. For your convenience, we provide a key and safety box for small items.