



So you've had your first visit, now what?

Step 1: Fasting Labs

1. **Schedule:** Please make sure you've **scheduled a fasting lab appointment** prior to your next follow up visit; unless the doctor has specified otherwise.
2. **Stop Supplements:** Please be sure to stop taking all **supplements for at least 7 days** prior to your lab appointment.
 - a. This means you should stop all vitamins, herbal supplements and probiotics.
***Please continue to take any doctor-prescribed medications during this time.*
3. **Hydrate!** For fasting labs: please make sure to stop eating and drinking anything except water by at least 10 pm the night before your scheduled lab. We encourage you to **drink plenty of water** for 2 days before AND the morning of the lab appointment to pump up your veins to make the blood draw as seamless as possible.
4. **BYO Urine:** Bring your first morning urine to the lab appointment with you (this means your first pee upon waking).
 - a. **Grab a urine cup** at our office at your first appointment or stop in anytime Monday-Friday. Most local pharmacies also have closed sterile urine cups that you can use.

Step 2: Nutrition Assessment

1. Food is a major platform of our approach to health, and we encourage all patients to schedule an appointment with Meg, our Functional Nutritionist.
2. If not already scheduled, please give the office a call us to schedule your initial Nutrition consultation (50-55 min in duration).
3. Make sure to **print off and fill out your Nutrition Intake form** from the patient portal prior to your appointment with Meg.
 - a. To print the form: please open your patient portal account, click 'My Health' and then click 'Medical Forms' at the bottom of the list and choose the 'Nutrition Assessment form'.
4. We recommend that you check with your insurance plan regarding your nutrition coverage prior to the visit. You will want to ask them how many visits you have covered and if they cover the visit in full or on a percentage basis.

Step 3: Kits and further testing

1. Make sure to **read all specialty kit instructions** VERY carefully before collecting specimen and sending the results in for testing. Please note that we do have modified instructions for some of our kits. If we have given you printed instructions that are different than the kit, **please follow our modified instructions.**
2. Please make sure to avoid taking ALL supplements for 24 hours prior to the day of any kit testing (***some kits require longer than 24 hours so please refer to #1*).



3. Most kits require an out of pocket payment so make sure to send in a check or credit card information with the kit.
4. If doing multiple kits, we recommend doing them in the following order:
 - a. Saliva Cortisol testing (no caffeine the day of)
 - b. Stool testing (make sure you are off of probiotics for 1 week before)
 - c. Heavy metal testing (make sure you are off fish for a week before) and all supplements the day before the Post test
 - d. Mold testing (make sure to take glutathione for 1 week before)

Step 4: Needing extra support? *Consider our Concierge Package*

- b. We now offer a concierge program for those of you looking for more one on one support from our doctors and individualized attention. This package includes full access to the doctor 24-7, on-demand lab appointments and doctors visits along with much more! Please ask to speak with Derenda if you'd like to find out more information.