

Preparing for your INSIGHT Scan

Lifestyle choices and actions may be causing stresses that affect the **function** of your nervous system whether you **feel** them or not. That's why we don't guess - we test using INSIGHT scanning technology!

HELP ENSURE ACCURATE SCAN RESULTS BY FOLLOWING THESE SIMPLE GUIDELINES:



Give yourself plenty of **time** to arrive without being rushed or overly stressed.



Allow at least 3 hours after **exercise** or intense physical activity.



Limit **caffeine** intake (coffee, tea, soft drinks) for at least 3 hours prior to your scan.



Do not alter your **prescriptions**. Please notify your scan tech of any you are currently taking.



Limit **nicotine** and non-prescription drugs prior to your appointment.

REMEMBER- Preparing for your scan will give us the most accurate results.