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**Please follow the guide for:**

**PREPARATION FOR APPOINTMENT**

§ Avoid taking alcohol two to three days before your appointment.

§ On the appointment day, avoid taking tea, coffee, chocolate, soft drinks, Coca Cola.

§ Smoking is prohibited 2 hours before.

§ The person must have a bare face.

§ Nails should be unobstructed. (Gellack and Shellack allowed)

§ Do not wear any jewellery

§ Remove the piercing if you have.

§ Wear cotton underwear without metal objects.

§ Do not wear nylon pantyhose.

§ Do not wear a belt with metal objects.

§ Do not use cologne, perfume, hairspray or deodorant.

§ Make sure you eat something lightly one and a half hours before.

§ Avoid taking acidic foods (orange, lemon, mandarin) one day before.

§ Do not chew gum before and during.

§ Drink at least two glasses of water before.

**Not recommended for people who are:**

• If you are pregnant

• If you had a recent heart attack

• If you have a pacemaker

• If you have heart failure