



# Tibetan Healing Center

*TIBETAN ACADEMY, a California Nonprofit Public Benefit Corporation*

## PREPARATIONS FOR YOUR FIRST APPOINTMENT

*with Lobsang Dhondup, Traditional Tibetan Physician*

### THE DAY BEFORE YOUR APPOINTMENT

- Do not have vitamin, mineral, or herbal supplements **for 24 hours before the urine sample.**
- Do not have any caffeine, alcohol or spicy foods the day before, **AND** the day of your appointment.
- No beets or asparagus 24 hours before urine sample is produced.
- Women: the doctor *cannot* see you the first four days of your monthly period, as the pulse reading would not be accurate.

### THE MORNING OF YOUR APPOINTMENT

#### URINE COLLECTION

The **first time** you awake and urinate after 2:30/3:00 AM, collect a sample of this urine and bring it with you.

**Example:** If you get up during the night to urinate, AND it is after 3:00 AM, this is the urine you need to save. If you get up at 6:00AM, and this is the first time you are urinating since 3 AM, this is the one you save, etc. etc... Collect the urine in a clean glass/plastic container with a tight lid. **DO NOT REFRIGERATE.**

- After you have collected your first morning urine, you may take vitamins and minerals.
- **Do not have any caffeine or alcohol** (including chocolate, black/green tea, soda pop, alcohol based herbal tinctures) until after your appointment. These items affect your pulse.
- You may take any regular medication(s) you are currently on.
- **No fasting** the day before, nor the morning of the appointment.
- Please bring a list of any medicine, herbs, and supplements you are taking.
- Any current medical reports can be of assistance, too.

#### SECOND AND OTHER APPOINTMENTS THEREAFTER

- A urine sample is not needed unless the doctor requests it of you.
- No caffeine and alcohol 24 hours before your scheduled appointment.

***WE NEED TO HAVE 48 HOUR NOTICE OF CANCELLATIONS.***

**We accept, cash, checks, Mastercard and Visa.**

#### **Corporate Office**

4115 3<sup>rd</sup> Avenue ♦ San Diego, CA 92103

Ph: 619-325-0992 ♦ Fax: 619-692-1788 ♦ e-mail: Sondrab@tibetanacademy.org  
2400 Bridgeway, #200, Sausalito, Ca. 94965, 2488 Newport Blvd, Costa Mesa, Ca. 92697