



Tibetan Healing Center

TIBETAN HEALTH 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 3rd Avenue • San Diego, CA 92103 • 619-325-0992 • Fax: 619-692-1788

e-mail: Sondrab@tibetanacademy.org • www.tibetanacademy.org

Mill Valley, CA • San Diego, CA • Costa Mesa, CA