

Patient Testing Instructions

It's important to follow these requirements prior to your GlycoCheck testing:

- ✓ Do not eat or drink anything other than water 6 hours prior to testing.
- ✓ Do not exercise for 12 hours prior to testing.
- ✓ Do not consume alcohol for 24 hours prior to testing.
- ✓ Do not drink caffeine the day of your test.
- ✓ Drink at least 34 oz of water 1 hour before your test.
- ✓ 15 – 20 minutes of rest before your test (to reduce level of stress).
- ✓ Do not use a PEMF device the day of testing.

Your GlycoCheck testing will take approximately 10-15 minutes



GlycoCheck