



Thank you for your interest in Bio Allergenix!

The day of your appointment:

Advanced Allergy Relief of AZ
(602) 866-3500

*Our testing is performed on a strict time schedule, so **please be on time**. If you are as little as 1 minute late it is possible to hold you up an extra 30 minutes to 1 hour.*

The following reminders will help make your visit go more smoothly.

- 📍 Do not take in any caffeine (coffee), supplements, aspirin, pain medications or unnecessary medications for 3 hours before your appointment.
- 📍 Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated.
- 📍 Do not wear black shirts, pantyhose or clothes with very tight sleeves, as they will interfere with the testing procedures.
- 📍 All jewelry, phones and personal belongings must be removed before treatments begin. Except your wedding ring. You can place these in your room on the shelf.
- 📍 Please turn off your cell phones for all testing and treatment procedures.
- 📍 Do not consume alcohol for 12 hours before your appointment.
- 📍 Please **DO NOT** wear perfume, strong smelling deodorant, fragrances, essential oils, **hand lotion**, aftershave or cologne on the day of your visit. (**before or after**).
- 📍 If you need to reschedule your appointment, please do so no later than noon two (2) business days prior to your appointment to avoid a cancellation fee.
- 📍 We may be performing several tests during your visit. You will be filling out an extensive questionnaire and speaking with the doctor or Technician. Plan on your initial visit to take about 90 minutes.
- 📍 At the end of your visit you may be given some instructions and a list of foods to avoid for 3 hours.
- 📍 Please eat before your appointment. You may be asked to avoid food for 3 hours after your visit or to eat very little. **DO NOT** come to the office hungry. You can eat up to 30 minutes before your appointment.
- 📍 After a Treatment - No Massages, Adjustments, Biofeedback or Acupuncture for 8 hours.
- 📍 24-hour cancellation of appointment is required. A late cancellation or no show fee of 50% of scheduled visit will be charged.