



Nitric Oxide Treatment

Pre-Appointment Preparation Guidelines

Treatment is only available after we have received your e-signed Informed Consent. Please read these Preparation Guidelines carefully in conjunction with the Treatment Information Guide to ensure that we can maximise the efficacy of your treatment.

Contraindication

Please advise us if any of these apply as if so, we cannot offer you this treatment for safety reasons.

Allergy to Nitric Oxide

Glucose-6-phosphate dehydrogenase deficiency (flauvism)

Advisory

In some case these may compromise efficacy of treatment but not your safety so you may proceed at your own risk;

Pregnant

Any blood disorders

Internal haemorrhage, excluding menses, e.g. stroke

Vomiting blood or passing blood in the stool

Recent surgery within the last 3 weeks

Taking warfarin or heparin or any drug which disturbs the coaguability of blood

Scars, lesions or injuries to any limbs

Before your appointment

Take supplements as normal.

Eat regular and balanced meals and avoid radical diets

Do not abruptly stop ANY pharmaceutical medication but specifically advise if you have taken a diuretic.

For at least 24 hours before your appointment

NO **Alcohol** or **Smoking** or **Recreational Drugs**

NO **Intense Activity**

NO **Sauna**

On the day

Arrive **well hydrated** to your appointment

Drink **1 glass of still water** before and after each treatment