

PRE-SCAN Checklist for: _____ **Date** _____

Your nervous system controls and regulates every cell of your body. We use an instrument that reveals how well your nervous system is working.

Please let us know if we need to be mindful of the following:



Drinking coffee or tea can excite the nervous system. Have you had any of these caffeinated beverages today?

No Yes
About _____ cups.

Cola drinks contain caffeine and chemicals that can affect the nervous system. How many sodas have you had today: _____



Nicotine is a nervous system stimulant. Have you used any tobacco today?

No Yes How much: _____

Common, over-the-counter drugs can impact the nervous system. Have you taken any of these types of drugs today?

No Yes: _____



Many prescription drugs and muscle relaxers affect the nervous system. Have you taken any type of prescription medication today?

No Yes: _____

Excessive exposure to the sun affects the accuracy of your scan. Have you had a sunburn in the last five days? No Yes



Bath salts, oils or sunscreen on your skin can influence instrument sensitivity. Have you used any of these products today? No Yes

Vigorous physical activity can exaggerate your scan results. Have you had a workout today? No Yes



Stress, depression, anxiety or emotional upsets can affect nervous system tension. Compared to a typical day, are you currently experiencing any type of emotional turmoil? No Yes