



## **CLIENT REQUIREMENTS FOR BRIS TEST**

- 1. It is desirable that at the time of the testing the patient is not hungry. The best time for examination is 2 hours after meal.**
- 2. 2-3 days before the test it is not recommended to drink alcohol. One day before the examination you should not drink coffee, eat hot and spicy dishes, chocolate, citrus fruits, chewing gums.**
- 3. One day before test stop taking supplements, medications, herbs that can be stopped painlessly. Medications, which are taken for a long time, do not significantly affect the test (except hormonal therapy), but notified the practitioner about them before the beginning of the test.**
- 4. Before BRIS test session, it is necessary to avoid contact with chemically active substances (polishes, varnishes, solvents).**
- 5. It is advisable not to smoke the day before session (if it does not cause stress for the client).**
- 6. For women, it is not desirable to be examined during the menstrual cycle.**
- 7. Skin on palms, feet and forehead should be clean, healthy, with no signs of inflammation or mechanical damage.**
- 8. Do not use any medical creams and ointments before examination.**
- 9. Do not use any perfumes or any other cosmetics.**
- 10. Please take shower at home before your test.**
- 11. Wear clothes made of natural fabrics.**
- 12. Remove all jewelry and metal objects.**
- 13. Turn off the cell phone at the time when test is running.**
- 14. The best time to do the examination is the first half of the day**