



NutrEval PATIENT INSTRUCTIONS

We will be collecting 3 specimens (Blood, Cheek Swab, and Urine sample).

4 DAYS PRIOR TO TEST

-Discontinue all NON-ESSENTIAL medications, supplements, Advil (Ibuprofen), and nutrient fortified foods and beverages. (It is okay to continue taking thyroid and hormone medications.)

-Avoid artificial sweeteners (e.g. Equate, Splenda, Sweet'N Low, Stevia, etc.), MSG (e.g. Soy sauce, Gelatin/collagen, processed meat and cheese), and alcoholic beverages.

24 HOURS PRIOR TO TEST

-Eat usual diet as stated above, BUT avoid over-consuming any single food.

-Limit fluid intake to eight 8-ounce glasses of fluid over 24 hours.

NIGHT BEFORE THE TEST

-You MUST fast the night before (do not eat anything after 10PM).

-Use your typical routine for brushing and flossing teeth, EXCEPT, DO NOT use mouthwash.

MORNING OF TEST

-DO NOT eat or drink ANYTHING other than water.

-DO NOT practice normal oral hygiene routine (do not brush/floss teeth, no mouthwash).

-Collect urine sample in container provided. Be sure to fill to the 60 ml line (or half the cup).

-After collecting your first morning urine and prior to coming in to the office, please drink approximately 32 ounces of water so you will be hydrated for your blood draw.

If you have any questions regarding this test or the preparation of which, please do not hesitate to call me at:

Robert Gonzales MA
Cornerstone Health Community PC
720-452-7420