



Dr. Jeff Brittain, D.C.
River Oaks Tower
3730 Kirby Drive, Suite 410
Houston, Texas 77098
Office : (713) 527-8844 Fax : (877) 846-6711

Metabolic Evaluation Instructions

Metabolic testing reveals how your biochemistry is adapting to life. Most chemical agents stimulate or sedate your chemistry, and will distort the true results. We want to know how your system functions under normal circumstances, so in preparation for your testing please follow these instructions:

- *Do not fast*, continue your usual pattern of eating except for the additional instructions below.
- For 3 days prior to testing: avoid all unnecessary medications. This would include aspirin, Tylenol, cold remedies, etc... and other “over the counter” items.
- For 24 hours prior to testing: avoid all medications and supplement nutrition. This includes prescription drugs, vitamins, minerals, herbs etc... If you feel the need to continue a certain prescription then do so.
- For 12 hours prior to testing: avoid coffee, tea, cola and chocolate. This includes decaf and herbal teas.
- For ½ hour prior to testing: avoid candy, cough drops, breath fresheners, etc.

Upon arrival you will be expected to give a urine sample.

Congratulations on your decision to become healthier.

If you have any questions please do not hesitate to call or email.
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