



Thank you for your interest in Trina Health of North Texas. Please take a moment to read the information below to prepare you for your initial visit, and expect your treatment to last approximately four hours. We look forward to seeing you soon.

Before your initial visit we ask that you please obtain the following:

- I. Blood work results within 90 days. Must include: Metabolic Panel including
 - a. CBC, Liver and Kidney function, as well as HbA1c.
- II. A copy of your most recent physical exam by your primary care provider, supporting your current diagnosis. If you do not have a current physical we can schedule one for you.
- III. List of all medications, including vitamins you are currently taking (form attached)

We ask that you please follow these instructions:

- I. If you are currently giving yourself insulin injections, please give yourself HALF of your normal dose the night BEFORE treatments.
- II. We advise that you do the same with ALL other blood glucose/diabetes medications you are taking.
- III. If you are on an insulin pump, please turn it off 2 hours prior to treatment.
- IV. Please drink plenty of water.
- V. Please DO NOT have any alcohol, or caffeine the night before.
- VI. Please have a very light or no breakfast. You will have slightly elevated blood sugars in the morning, but that is expected.

The day of your first visit please remember to bring the following:

- _____ Records requested above
- _____ Valid photo identification
- _____ Insurance card.
- _____ New patient packet

Feel free to bring:

- I. Entertainment materials, such as books, magazines, laptop/tablets, iPod, Music, etc.
- II. Snacks or juice, we provide water

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We look forward to helping you!

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