



## “2-4-6 Rules”

2 - Hours before your appointment please refrain from tobacco use and chocolate.

4 - Hours before your appointment please refrain from consuming any caffeinated beverages including coffee, energy drinks, soda, tea, or supplements containing this substance.

6 - Hours before your appointment please refrain from taking any medications or recreational drugs.

The “2-4-6” rules are necessary to ensure that your doctor is able to obtain an accurate neurologic scan. It is imperative to not only avoid the intake of such substances prior to your appointment, as well as after and in between each visit to ensure prolonged results.