Janine Maere, MD 209 S. Prospect Rd.

309-336-0190 Office Suite 1

Bloomington,IL 61704

FOR EXAM & FIRST TREATMENT APPOINTMENT

1. You should eat food within 6 hours of receiving your treatment. If you have not, a light snack is recommended. It is important that you do not eat a heavy meal or drink alcohol right before your treatment.

2. Depending on the nature of the complaint, needles may be retained for various lengths of time, and additional modalities may need to be used, thus resulting in varying treatment times.

3. It is not always necessary to disrobe. Depending on where the needles are placed, specific article of clothing may need to be removed. It is advisable to wear undergarments since it is not always possible to cover the body completely. Loose fitting clothes such as t-shirts, shorts, or sweats work well.

4. For an acupuncture exam, it is important to look at your tongue. If possible, do not brush your tongue the day or your exam and treatment. Additionally, try to avoid coffee, tea, or hard candies within 2 hours of treatment as these will falsely discolor the tongue.

5. Only pre-sterilized, disposable acupuncture needles are used. Needles are not reused.

6. Acupuncture works to bring the body’s energy system back in balance. It is unusual for one treatment to achieve this. Most conditions need six treatments on average.