

# BioScan Preparation Instructions

## THRIVE! Pharmacy Compounding & Nutrition

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Lauren Barbrey, L.Ac

**Name:** \_\_\_\_\_ **Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

A short 7-point BioScan may be introduced on the first visit. The goal on your first visit is to build a foundation for your health improvement by reviewing your history, looking for root cause contributors, and making lifestyle, dietary, and nutritional changes to support optimal health. The BioScan probe touches external surfaces only. You will not feel anything other than slight pressure. The readings appear on the screen for your viewing as we progress through the scan. A copy of the results will be given to you

A full 58-point scan will be done on subsequent visits where appropriate.

**Patients with pacemakers, pregnancy, or those taking steroids cannot be scanned.**

- During a scan, Bobbie will be touching the tops of your fingers and your toes.
- Wash hands and feet thoroughly before the appointment.
- Do not use creams, lotions, or topicals of any kind 12 hours prior to test. Nail polish is ok
- Drink plenty of water before the test. You must be well hydrated.
- Pants are preferable to dresses or skirts but I do have an accommodation for this
- Remove any electronic devices that you are wearing and any rings that you do not wear 24/7, where possible
- Do not take any supplements the morning of a test. Take prescriptions meds as usual
- Show up with your calm, healing energy to get the best information from our visit
- Wait 3 days after acupuncture treatment or electronic foot baths before testing.
- To get the most out of our time together, please do not bring children to your appointment. Put your phone in **airplane** mode and plan to be present for our visit!
- Bring all paperwork requested and be sure that it is filled out

The BioScan is a powerful tool to assess your health. This information, in addition to the other information you have provided, gives me the best opportunity to expedite your healing. It will help us to create a plan to move you towards optimal health. Your participation in executing our plan is vital to get the results we both expect. I look forward to being a partner in your health journey!

**Bobbie Barbrey RPh, Board Certified Clinical Nutritionist**