

## ENVIRONMENTAL SENSITIVITY TEST 1 - ELECTRODERMAL Test Preparation

### Step 1- Patient Preparation

1. Avoid the use of lotions or creams on the hands or feet the day of the electrodermal test
2. Remove all jewelry (done at the time of the test)
3. Remove all electronic devices or items with magnetic striping, i.e. watches, telephone, pager, wallet with credit cards (done at the time of the test)
4. Please notify your Naturopath if you have a pacemaker or similar device
5. Avoid stimulants with caffeine, i.e. coffee, tea, cola, and chocolate 24 hours before the test
6. Take any normal medications that you use on an ongoing basis. Note that high doses of alcohol, amphetamines, sedatives, tranquilizers, corticosteroids, and immune suppressive medications may make testing more difficult; thus if not a part of your normal medical plan of management, avoid 24 hours before the test.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable.

**Test results** are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

If you have any questions: 613-829-7100 or [info@revivelif.ca](mailto:info@revivelif.ca)