

THE CENTER FOR WOMENS HEALTH



FIRST LINE THERAPY PROGRAM INSTRUCTIONS

Please fill out the attached Health Profile Information forms and a 5 day food diary. Bring these forms with you to your first visit. Kindly remember to follow the fasting instructions.

NO alcohol for 24 hours
NO caffeine for 4 hours
NO food for 4 hours

Also, drink 32-60 ounces of water the day before your appointment and stay hydrated the day of your appointment.

Note: You cannot participate in this test if you have a pacemaker or you are pregnant or breastfeeding,

Monique T. Class, MS,APRN,BC

“First Line Therapy is the first step to creating optimal wellness”

1011High Ridge Road
Stamford, Connecticut 06905
Tel: 203-321-0200 Fax: 203-321-0300