

## PATIENT INSTRUCTIONS FOR CHELATION THERAPY

- Kidney function will be tested before beginning chelation (if no recent test results are available) and periodically throughout the treatment series. This consists of a serum creatinine level. The test cost approximately \$25 and is not payable by insurance. Occasionally, a urine specimen will be obtained before the IV.
- It is optional to test the iron stores before and after the series. A serum Ferritin level will be recommended although not required.
- Wear comfortable clothing because you will be sitting for 3 ½ hours. Short sleeves are desired since the IV will be at the elbow. Alternatively, a long sleeve that can be pushed up loosely may be worn.
- Rarely, bringing a pillow to rest your arm on is helpful.
- Take all prescription medications on the day of chelation.
- If cancellation of your appointment is necessary, please call the office as soon as possible. IF YOUR CALL IS RECEIVED AFTER 8:00 AM ON THE DAY OF YOUR TREATMENT, A \$40.00 CHARGE WILL BE ASSESSED.
- Please avoid smoking, alcohol, caffeine and any scented products such as after shave, deodorants, perfumes, and hair spray.
- Arrive after a full meal. EDTA can lower blood sugar levels significantly.
- Bring a fruit snack; either fresh, dried or juice. Also, some food and pure water. This is for the same reason as above.
- Do not take any vitamin or mineral supplements or other supplements with a high mineral content (calcium, zinc, or multivitamin and minerals) for 12 hours before session and 8 hours after session. This will improve the effectiveness of the treatment. This is not imperative as many clinics fail to advise this and still achieve results.
- Chelation therapy is more effective if the patient changes the diet and takes the recommended supplements. It is important that one follows the recommended diet as outlined in the "Diet for Life". This is a diet consisting of whole, unprocessed foods. A majority of vegetarian meals is preferred. Recommended reading is Dr. Dean Ornish's book, Reversing Heart Disease and other titles. Dr. Ornish has shown that a strict vegetarian diet combined with walking, yoga, and meditation will unclog coronary arteries.
- A variety of supplements are necessary to replete mineral stores, lower blood cholesterol and lipid levels and to mobilize these from the plaque (see supplement handout.)
- Drink plenty of water during and after chelation to help kidneys filter toxins.
- Avoid the use of NSAIDS (anti-inflammatory medications such as Advil, Motrin, Alleve, etc.) since they are known to cause kidney damage.
- Chelation sessions can be performed twice a week. However, once a week is acceptable. It is the total number of sessions that determines the result and not the frequency that they are received. Ideally patients should exercise immediately following the IV to increase perfusion of smaller arteries.