

Acupuncture and Herb Clinic of Rhonda Feiman

Doctor of Asian Medicine

P.O.Box 253, Belfast, ME 04915

Tel: 207-338-4454

Dear _____,

Welcome. Your appointment is scheduled for _____

The following will be helpful in preparation for your first appointment:

- Please bring a record of your diet for the 5 days preceding your visit.
- Please bring a list of the medications and supplements you are taking.
- Please do not brush-your tongue for 5 days before your appointment. (For those of you who don't do this, this may sound like a strange request. For those of you who do this, I ask because the coat on your tongue is important for diagnosis in oriental medicine.) If you have to, place a sign on your bathroom mirror to remind yourself.
- Do have some food before your visit. Eat breakfast or lunch or have a piece of fruit or a healthy snack. Please refrain from caffeine.
- Please do not wear perfumes or strong scents on appointment days.
- Please be aware that the time of your appointment is reserved specially for you. 24 hours notice is required for cancellations. This allows time to make the appointment time available to someone else. To reschedule a Monday appointment, notice is required the Friday before.
- There will be a charge for missed appointments or appointments canceled with short notice.

Thank you for your cooperation and understanding.

I look forward to meeting with you.

All the best,

Rhonda Feiman, D.O.M., L.Ac.