



Welcome! ...and Thank you for contacting Trina Health.

Getting Started:

Review and complete the following
New Patient Packet documents:

- Consent to Treat
- Patient Privacy Booklet
- Patient and Insurance Information
- Patient Financial Responsibility Policy
- Authorization for release of health info TO and FROM Trina Health
- Photo/Video Release
- Discharge Instructions
- Review of Systems
- Medicare ABN (if Medicare primary insurance)

Please bring the following documents to
your history and physical:

- Medical Records
- Most Recent Labs
- Medication List
- Photo Identification
- Insurance Cards

As you start your therapy with us, you will receive a comprehensive evaluation for your treatment needs that may include specific bloodwork.

Night Before Treatment:

If you are currently taking:

- Oral diabetic medications
- Non insulin injectables
- Long acting insulin

Please give yourself HALF of your normal dose the night BEFORE treatments.

Drink plenty of water
NO strenuous exercise
Get a full nights sleep

If you have any questions, feel free to call us at (877) 808-2278. We look forward to helping you!

Day of Treatment:

Prior to your arrival please avoid the following:

- ALL diabetic medications (exceptions below)
- Exercise
- Caffeine within 8 hours . Decaf OK
- Food within 6 hours
- Nicotine within 4 hours

Treatment will last approximately 4-5 hours

Optimal blood glucose range for treatment is
150-200 mg/dl.

Patients on insulin or pump

- DO NOT TAKE ANY INSULIN unless your blood sugar level is over 350 mg/dL, and then only ½ of what you would normally take for that level.
- If you are on an insulin pump, please turn it off approximately 2 hours prior to treatment. We want you to reach blood glucose of 150-200 mg/dl for treatment.

If your blood glucose is below 150 mg/dl

- You should have a light carbohydrate breakfast (toast & jelly) with no fat (butter, etc.)

Feel free to bring: Entertainment materials, such as: Books, Magazines, Laptop/Tablets, IPod, Music, etc.

After Treatment:

- Due to potential changes in blood sugar. You will be required to eat a meal immediately after treatment.
- **You will also be need to check your own blood glucose 30 minutes after you leave the clinic.** Please bring your testing materials, and be prepared to share the results with the clinic.
- If possible, please have a driver for the first 2 visits. Along with snacks or juice for your commute home.

Further information about treatment.

- Medication dosages (diabetic, blood pressure and pain medications) may need to be reduced over time.
- Consult with your primary care physician.

Patients with Easily Upset Stomachs

- Some patients will have a difficult time tolerating oral glucose.
- Be reassured that nausea will usually decrease over time.

Patients with Diarrhea

Diarrhea is an uncommon experience during and after treatment. If present during treatment symptoms will usually resolve within 2-6 weeks. Any over the counter diarrhea medications can be used during or prior to treatment.

With your improved energy please try to increase your weekly exercise.

- Patients should walk or perform some mild exercise movement between treatments for a minimum of 5 minutes.

The Second Bite of the Apple program is designed to help the patient change any poor habits and encourages them to make the most of their new mental and physical health and abilities. Speak with clinic personnel to find out more.