

THE  
ULTRAWELLNESS  
CENTER

**Nurse Education Tips**

1. No need to hold probiotic for any follow up stool testing.
2. If taking an antibiotic add in Abx Support by Klaire; 2 caps, twice daily while taking and for one month following antibiotic treatment.
3. Immune system support: For a week at a time or periodically if you are feeling run down, you can take vitamin A 10,000 IU, zinc 30mg, and extra 5,000 IU of vitamin D3 and vitamin C 1000 mg. Some people will take this for the week prior to travel and/or with travel for immune support. You can also add in Immunitone Plus by Designs for Health 2-4 caps per day.

Do not take 10,000 IU of vitamin A for longer than week at a time unless prescribed by your physician. Do not take 10,000 IU of vitamin A if you are pregnant.

4. General supplement instructions when a range is recommended: Start at lowest dose and slowly increase as tolerated to maximum recommended dose.
5. Thyroid testing: Always test 6-8 weeks after dose change. Hold thyroid medication the morning of testing.
6. Always open specialty test kit instructions prior to the day you wish to complete the test as several kits have special instructions and restrictions.

7. ALWAYS start new supplements one at a time with 2-3 days in between before starting a new one. This allows you to assess your tolerance to each supplement. Some people are sensitive and must introduce supplements more slowly. Ultimately, listen to your body and introduce at a rate that works best for you.

8. When supplement instructions state take between meals, what does that mean? Ideally, you should take minimally 30 minutes before meals, or 90 minutes after meals. Do your best, timing does not have to be exact every time.

9. Main tabs utilized in the portal:

**Labs & Documents:** Lab orders, test results, and handouts are located in the Labs/Documents tab. Once in the labs/documents tab, scroll down to the My Documents box and click on Labs. All test results appear first under the specialty lab company or listed under conventional labs. Lab orders are at the bottom of the page under Z Lab Estimates & Orders.

**My Visit Summaries:** In the My Visit Summaries tab you will find all treatment plans listed. If you scroll down to the very bottom of the treatment plan you will find any attachments the provider added, including your updated supplement plan.

**Secure Messages:** Where you send and receive portal messages.

10. If utilizing Quest for conventional blood work please send a secure message requesting the lab order be sent directly to Quest. This increases the likelihood the labs will be completed correctly. Please also be sure to bring a hard copy of your lab order on the day of the blood draw. Please also send a secure message confirming the date and location of the blood draw.