



BioCellular Analysis (BCA) Client Information & Instructions

You have been scheduled for a test called a **"BioCellular Analysis" or "BCA."** This is a laboratory test that will be providing valuable information about the underlying biochemistry of your body. This simple test analyzes small amounts of your blood, urine and saliva. It provides data about the current state of your metabolism and health. In order to assure accurate BCA results, **it is very important for you to follow the instructions below:**

- **Fast for 12-14 hours prior to your test.** In order to do so, please complete your dinner the evening prior to your test no later than 8:00 p.m. After dinner, brush your teeth and **refrain from eating or drinking anything until after your test.** (This includes chewing gum and candy.) If you are presently on any type of regular medications (example: blood pressure medicine or insulin), take your medications as prescribed with only a small amount of water.
- **Refrain from using any toothbrush, toothpaste, mouthwashes or mouth rinses** both at bedtime and the morning of your test. Also avoid use of any lipstick, chapstick or makeup around your mouth and lips. Such substances can change the chemistry of the mouth and your saliva. **Ideally, women should not run their BCA during menses.**
- **On the morning of your test,** obtain a sample of your **first** morning urine. Obtain a mid-stream specimen: urinate a small amount first, and then obtain the remaining urine in your specimen cup. Some individuals may have to get up during the night or early morning to urinate. If this happens to you at 4:00 a.m. or later, collect this urine in your specimen cup. Bring the collected urine to the center.
- When you arrive at our office a small amount of blood may be taken. A specimen cup will also be given to you to collect a small amount of your saliva. Swallow any saliva that may already be in your mouth. Close your mouth gently and allow saliva to accumulate. Expectorate into the cup. Do not bring up post-nasal drip or phlegm. If you choose to expectorate on the way to your appointment, keep in mind, **the saliva sample cannot be more than 20 minutes old for testing to be accurate.**

These measures are all that are needed for our office to run your **BioCellular Analysis.** Once these fluids are obtained and analyzed we will have access to important data about how your body is functioning. Depending upon whether other tests have been ordered for you, a computerized report and evaluation will be shared with you during your second visit. This report will help you gain a greater understanding into what is going on at a deeper level within your body. Your BCA analysis measures values called *pH, redox and resistivity*. These values provide a great deal of information including measurements of the acidity and alkalinity of your body, the propensity for oxidative stress and the relative concentration of electrically conductive ions. They can also alert you and your practitioner if certain chemical or biological stresses are making your body more susceptible to illness. A BioCellular Analysis can help detect the presence of biochemical influences that can exist within your body that standard laboratory tests are not equipped to detect or measure. Although the BioCellular Analysis does not diagnose a specific condition or disease process, it does provide extremely valuable information about the underlying biochemistry or Biological Terrain of your body.

Periodically during your program, you may be asked to bring in your first morning urine so that your progress can be monitored. Depending upon the nature of your protocol, **BioCellular Analysis** may be necessary from time to time. Because our office has the laboratory equipment on site, testing is easy and convenient for you and can be performed on the same day as your appointment.

Signed: _____

Date: _____

Please sign here when you have read and understand this document (we will provide you with a copy)