

## Dr. Khenrab Gyamtso Information for Appointments

Some patients have had questions regarding consultations with the Tibetan doctor. We hope that the following information will help.

Q: Do I need to bring anything to my first appointment?

A: You should bring any recent or otherwise pertinent medical records or information, and your first morning urine. To do this properly, the night before your appointment, empty your bladder at midnight or whenever you go to bed. Then empty your first urine of the new day into a clean, clear jar or container (glass works best).

Q: What happens during my appointment?

A: Dr. Gyamtso will take your pulses, typically on your wrist, using three fingers and three pressures. With this method, Dr. Gyamtso can identify how all parts of your body, mind and spirit are working. He may look at your eyes or your tongue and examine your urine sample. He may ask you a question. If you are currently receiving treatment or taking medicine for a medical condition, you should inform the doctor. If needed, he will suggest herbal supplements for you or may make recommendations regarding diet and exercise. You should keep this information in your medical files.

Q: Can I ask questions? Does Dr. Gyamtso speak English?

A: Dr. Gyamtso speaks English and has extensive experience working with Western patients, so please feel free to ask questions. You are encouraged to take notes, as well.

Q: What will the doctor recommend?

A: Dr. Gyamtso may suggest herbal supplements to be taken one or more times a day. They will likely be small round herbal pills that need to be crushed and taken with warm water 30 minutes before or after a meal. Most people find it easiest to crush them in their mouths. For healthy patients, Dr. Gyamtso may suggest herbal/ mineral supplements for continued good health. All supplements come with specific instructions. Dr. Gyamtso may also offer advice on diet and lifestyle adjustments. Remember, Tibetan doctors treat the WHOLE person and are trying to get all your systems into balance. This means the chemicals you ingest (food) may need to be altered. He may also suggest more or less exercise, rest, etc.

Q: Can I take my herbal supplements with other medications prescribed by my medical doctor?

A: Yes, but you should discuss this with Dr. Gyamtso. The Tibetan herbal supplements can generally be taken with other medications, but should be taken at least one hour before or after other medications. The Tibetan herbal supplements work slowly to get your body to work properly, because the supplements treat the CAUSE of the condition, not just the symptoms. Generally you should not experience any allergic reactions to the Tibetan herbal supplements if properly taken as recommended. Should you experience any allergic reactions while taking these supplements, please stop taking the supplements immediately and contact the doctor before resuming them.

Q: How will I know if I need a refill or a return visit?

A: You can ask Dr. Gyamtso if it is likely you will need refills and if and when to make a follow-up appointment. Some supplements will be recommended for only one month or three months with no need for refill. If you have a long-term or chronic health issue, you will likely need to continue taking supplements. If so, we will provide you with information on obtaining refills of your supplements.