

Welcome to Metta Health Care

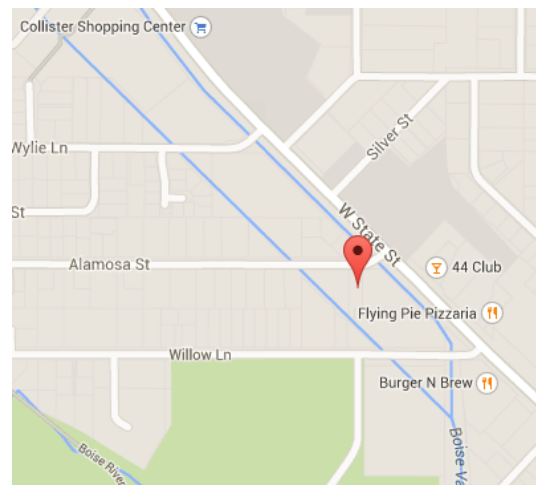
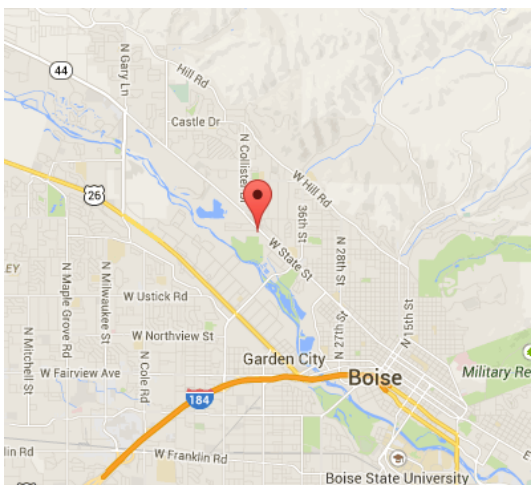
New Patient Packet

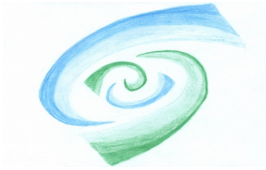
Please review the following items before you start your new patient paperwork!

- You should bring the following completed paperwork with you to your first appointment (DO NOT mail it back).
- Please use a pen to fill out the paperwork.
- Write down any specific questions/concerns you want Dr. Huycke to address and bring them with you to your appointment.
- Bring a complete list of all Pharmaceutical medications and natural supplements you are currently taking.
- If you intend to cancel your appointment, please call us as soon as possible giving us at least 24 hours notice.

**Directions to Metta Health Care, Ann Huycke, MD;
(4501 Alamosa Street, Boise, ID, 83703, Phone 208.658.5570)**

- From I-184 the connector: Take the Curtis Road Exit and turn North. Curtis Road turns into Veteran's Parkway. Turn left at State St. then go through the next stop light (Willow Lane) then turn left (South) onto Alamosa Street. After you turn left onto Alamosa Street we are the first driveway on the left.
- From Eagle: Take State Street East toward downtown Boise. After Collister, Alamosa Street will be the second street on your right. Turn right (South) onto Alamosa Street. After you turn right onto Alamosa Street we are the first driveway on the left.
- From Downtown Boise: Take State St. West toward Eagle. Pass through the stop light at Veterans Parkway and State Street. One block past Willow Lane then turn left (South) onto Alamosa Street. We are the first driveway on the left.





Metta Health Care | Ann Huycke M.D.

4501 N. Alamosa Street • Boise, ID 83703 • Phone (208) 658-5570 • Fax (208) 658-6811

www.mettahealthcare.com

PATIENT INFORMATION

Name: _____

Address: _____

City/State/Zip Code: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Message Phone: _____

Preferred number where messages can be left

E-mail Address: _____

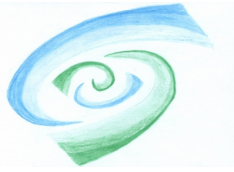
Date of Birth: _____ Age: _____

Spouse Name and Phone Number:

Emergency Contact and Phone Number:

Whom may we thank for your referral?

Reason for visit:



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Please follow these preparation instructions for your breast thermography screening:

- You must wait at least three (3) months after breast surgery, including any biopsies, the completion of chemotherapy or radiation before a thermography screening.
- You are asked to avoid any natural or artificial tanning of your chest for two-three (2-3) days prior to the screening date.
- You must not have had any fever within thirty-six (36) hours of your thermography.
- You must avoid ultrasound or mammogram or clinical physical examination of the breasts for at least three (3) days prior to the screening.
- There should be no bruising, rashes, or skin irritation in the breast area on the day of the study.
- You should refrain from hot yoga, sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours.
- With your doctor's permission, avoid use of the following medications for twelve (12) hours prior to the examination: ***Nitroglycerin, Niacin, Niacin patch, or any migraine medications (500milligrams or more)***
- You are asked to refrain from exercise, bathing, or showering for one hour prior to your thermography.
- Please refrain from using deodorants, creams, powders or lotions **that may cause an inflammation** in the breast area on the day of your screening.
- You are asked to refrain from any tobacco use, or the consumption of caffeinated beverages or products for two (2) hours prior to your screening. This includes energy drinks/shots.
- If you currently are using a nicotine patch or any gum containing nicotine please call our office for further instructions.
- If you are exposed to outside environmental extremes, such as very cold or warm temperatures, you should acclimate in a comfortable room temperature for approximately fifteen-twenty (15-20) minutes prior to your thermography.
- If you are breastfeeding, please empty the breasts thirty to sixty (30-60) minutes before your appointment.
- Please refrain from bringing in any beverages with you on the date of your appointment.
- You should wait three (3) weeks after a laser hair removal treatment, for under the arms, before you have a thermography.

I have read and followed the above instructions.

Name

Date