

If you live abroad and if it is not possible for you to attend one of Doctor Mouton's clinics, it is possible to have your blood extraction done locally. This procedure remains exceptional and has to be organized with Doctor Mouton's agreement.

We will organize you to receive:

Doctor Mouton's prescription.

A kit (from the lab) containing:

the necessary material for the blood extraction (vials, needle, swab, plaster...)
a little bottle with a red cap to be used to send a sample of the 24 hours urine collection
all the needed material (bags, box, DHL airwaybill) to send the sample back to the lab at their expense.

When you have received both:

1. Proceed to a 24 hours urine collection (see instructions on the website)
2. Mix all urine all together (into a large container)
3. Measure the total quantity collected (precisely)
4. Write the quantity down on Dr Mouton's prescription
5. Fill the little red cap bottle provided with part of the total 24 hours urine collection into the kit.

Proceed to the blood extraction (local nurse or doctor), don't forget to fast for the previous 12 hours.

Send back to lab your blood and urine sample plus Dr Mouton's prescription.

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The quality of the test results depends on the quality of the urine collection. It is therefore important to strictly follow the procedure and to measure precisely the quantity before sampling.

24 HOURS URINE COLLECTION:

Day 1 (day previous to the appointment / blood extraction):

DO NOT COLLECT the first morning urine (when you wake-up in the morning) => *to the loo*.

From the second urine, collect all urine, each time, the whole quantity of urine each time, all day, and night.

Day 2 (day of the appointment / blood extraction):

COLLECT the first morning urine.

24 hours urine collection stops here.

Please collect all urine into a large container (eg. empty plastic water bottle), don't stop when the bottle is full but go on with a second, third,... bottle.

Don't change anything in your habits (drink and eat normally).

It is possible to proceed to the collection a few days in advance. Just store the urine collection into a cool place (or in the fridge).

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The quality of the test results depends on the quality of the urine collection. Any missing urine or exceeding urine will disturb the test results. It is therefore absolutely compulsory to strictly follow these instructions!

12 HOURS FAST:

Strictly NO FOOD, NO DRINK, NO THYROID HORMONE T3 during the last 12 hours preceding the blood extraction.

Are allowed:

water, black coffee (no milk, no sugar), plain tea (no milk, no sugar).

All medication

GTA, GTA FORTE, LIOTHYRONINE, CYNOMEL, EUTHYRAL, NOVOTHYRAL,
ARMOUR THYROID, NATURAL THYROID RECEPTURA
contain **THYROID HORMONE T3**.

IDENTIFICATION SHEET

FAMILY NAME:		
First Name:		
Sex:		
Date of Birth:		Blood Group: O-
Address:		
Postcode / City:		
Country:		
Phone (private):		
Phone (professional):		
Personal Mobile:		
Email (private):		
Email (professional):		
PA Details:		
Job:		

Date of First Visit:
Referral / How did you find us:

GP Details:

MEDICAL HISTORY / ANAMNESIS

Patient:	Date:
Height:	Weight:
Personal Medical History (including dates):	
Birth: Childhood: Surgery (age): Inpatient episodes: Diagnosed medical conditions:	
Family Medical History (including dates):	
Mother (age): Father (age): Grandparents:	
Children (age/sex): Brothers & Sisters: Others:	
Current State of Health (including dates):	
Complaints (list by importance / provide dates):	
Digestion:	Belly pain, cramps:
Bloating:	Bowel movements:
Heartburn:	Stool consistency:
Nausea:	Undigested foods in stool:
Sleep:	Motivation:
Memory:	Mood:
Concentration:	Anxiety:
Stress:	Depression:
Skin:	Eczema:
Hair:	Acne:
Nails:	Herpes:
Mouth ulcers:	Psoriasis:
Teeth (amalgams / root canals):	Gums:
Frequent infections:	Spine disorders:
Eye condition:	Blood circulation:
Joints:	Periods / PMS:
Weight gain:	Weight loss:
Allergies / Hay fever:	Allergies to foods:
Current medications:	
Current supplements:	
Contraception:	Environmental toxic exposure(s):
Drug intolerances:	Blood donations: