

Metamorphosis Center for Holistic Medicine, PC

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Portland, OR 97203

Ph 503-234-1531

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Dear patient,

Thank you for scheduling with Debra Glasser MD. If this is your first appointment with Dr. Debra and you are establishing primary care we will often need to draw your blood for various lab tests. If you are scheduled in the morning please come to your appointment fasting. This means nothing to eat after midnight the night before your appointment; you may have water. If this is not convenient for your schedule or you have an afternoon appointment we will most likely ask that you return for labs on a subsequent morning.

Dr. Debra also does ask that if you are taking any vitamins, supplements, prescription medications or any over the counter medications that you bring them with you in their bottles for her to review. This is a vital step in her assuming the role as your primary care doctor.

Thank you again for scheduling with our office and we look forward to seeing you _____ at _____ . Please arrive at least 15 minutes before your appointment time to allow us to collect your information packet, copies of your insurance card(s) and any copays. Please be advised that if you are unable to make your appointment Dr. Debra requires 24 hour notice. If you do not show up for your new patient appointment you will not have the option to be rescheduled. Please have your packet completed in full before you arrive at the office for your appointment.

If you have any questions please feel free to contact us at 503-234-1531. Please do not call Dr. Debra's cell phone with questions, but rather route them through our office. The doctor's cell phone is reserved for weekends and after hour emergencies only.

We look forward to meeting you!