

# Truth Be Told

*With AJ*

## **Do's and Don'ts before you take your polygraph:**

### **\*\*Do's:\*\***

1. **\*\*Bring your driver's license:\*\*** Make sure to have your driver's license.
2. **\*\*Wear comfortable clothing:\*\*** Opt for comfortable attire, such as pants and a T-shirt or a long-sleeve shirt.
3. **\*\*Wear comfortable shoes:\*\*** Choose comfortable footwear to ensure you're at ease during the polygraph examination.
4. **\*\*Get plenty of sleep:\*\*** Aim for a good night's rest to be well-rested and mentally alert.
5. **\*\*Eat:\*\*** Have a light meal before your polygraph to prevent hunger-related discomfort during the examination.
6. **\*\*Drink water:\*\*** Stay hydrated by drinking water before the polygraph, but don't overdo it.
7. **\*\*Please plan for at least 2 hours\*\***
8. **\*\*Please arrive 15 minutes early to:\*\*** 601 Quail Valley Drive Suite #118  
Georgetown, Texas 78626

### **\*\*Don'ts:\*\***

1. **\*\*Don't wear bulky or embellished shirts:\*\*** Avoid wearing shirts that are too bulky or have embellishments, as they can interfere with the polygraph sensors. **Ensure your arm pits are not exposed, please.**
2. **\*\*Don't consume excessive caffeine:\*\*** Refrain from drinking more caffeine than usual.
3. **\*\* Don't take any over the counter drugs that alter your physiology.**
4. **\*\*Don't pay for your polygraph:\*\*** Keep in mind that you do not have to pay for the polygraph examination; it is covered as part of the process.