PRECISION POLYGRAPH
Pre-Polygraph Instructions

It is important that all clients taking a polygraph examination read these instructions in advance of taking a polygraph exam.

**Be Rested**
Make sure you get a full night sleep the evening before your exam. If you are working shift work we can work with you to make an accommodation to work around your work hours. Make sure you keep your regular eating schedule and may want to bring some snack type food with you given the length of the exam. You should expect the exam to take up to 3 hours. If you are traveling more than 2 hours for the test we recommend you arrange to stay the night in town the night before the exam to ensure you are rested prior to the exam.

**Current Health**
Don’t show up to your exam sick. If you are suffering with a cold, flu, allergies or other temporary ailment you will be sent home. Suffering from an illness will impact our ability to complete an exam. An examinee who is coughing, sneezing, sniffing or suffering from body aches will make it difficult to complete your exam. If this is the case you will need to reschedule your exam for when you are past the illness and free of these effects. If you are prescribed regular daily medication by your physician then continue to take the medication according to your physician’s instructions.

If you have a significant medical condition, which includes, but not limited to pulmonary issues, seizures, respiratory conditions, or pregnancy it will require a physician’s release prior to the exam. Consult with your physician and bring a physician’s release with you to the exam. Call us in advance and we can discuss any concerns you may have. If you don’t bring a release to your appointment you will be sent home. You should talk to your requesting agency as well about any medical conditions you have that may impact your ability to complete your exam.

**Focus on Exam**
We suggest you come alone and not have someone waiting for you during the exam. This can be a distraction and impact your ability to focus on the exam. Electronics, such as cell phones, watches, tablets are not allowed during the exam. They are another distraction and prevent you from being able to stay focused on the exam. Distractions during the exam can impact how nervous an examinee is and increase your overall anxiety and take away from your focus on the exam.

**Scheduling**
To schedule an appointment, go to our website [www.precisionpolygraph.net](http://www.precisionpolygraph.net) and click on the scheduling tab. If you cannot make your appointment, please call or text us at (831) 708-8135 and include your full name and date and time of your appointment in your voicemail or text.

**Location**
Directions to our office are provided on our website as well. We are located at 720 River Street, Suite 10, Santa Cruz, CA, 95060. Our office should be accessed via the upstairs River Street entrance to the front lobby. The office building is located at the intersection of Highway 1 and River Street. Directions can be found on our website contact page.

**Following Instructions**
A portion of the exam includes your ability to follow directions, which includes the above listed instructions. Failure to follow these instructions could result in you being sent home without taking the exam.