HEALTH & BEAUTY INTEGRATIVE CENTER

Preparing for Your Blood Test

What NOT to do before your blood draw

Please follow the instructions on your lab order first. Preparation varies by the tests ordered. If your provider gave you different instructions, those instructions take priority.

AVOID BEFORE YOUR BLOOD DRAW

[ ] **Do not eat if you were instructed to fast.** For fasting labs, have only plain water during the fasting period. A typical fasting interval is 8-12 hours, but follow the specific instructions on your order.

[ ] **Do not drink coffee, tea, energy drinks, soda, juice, or alcohol during a fast.** Even unsweetened beverages can affect some results. Plain water is the safest choice.

[ ] **Do not exercise strenuously right before testing.** Avoid vigorous exercise and unusually heavy workouts for about 24 hours when practical, because they can temporarily alter several laboratory values.

[ ] **Do not become dehydrated.** Drink normal amounts of water unless you have been medically instructed to restrict fluids. Dehydration can make the draw more difficult and can affect some measurements.

[ ] **Do not smoke, vape, or use nicotine immediately beforehand.** When possible, avoid nicotine the morning of the draw, especially while fasting.

[ ] **Do not take nonessential supplements immediately before the draw unless instructed.** Some supplements can affect laboratory testing. In particular, biotin (vitamin B7, often found in hair/skin/nail products and B-complex formulas) can interfere with certain lab assays. Ask our office how long to hold it because the interval depends on the dose and test.

[ ] **Do not stop prescription medications on your own.** Continue medications unless your clinician specifically instructed you to hold or time them differently. Some tests - including thyroid, hormone, iron, glucose/insulin, and medication-level testing - may require special timing.

[ ] **Do not change your usual diet or routine just to "improve" the result.** Unless instructed otherwise, we want results that accurately reflect your usual physiology.

THE MORNING OF THE TEST

- Allow yourself enough time so you are not rushing immediately before the draw.
- Sit quietly for about 10-15 minutes before collection when feasible, especially for tests that can be affected by stress, posture, or recent activity.
- Tell the phlebotomist if you have a history of fainting, difficult blood draws, or reactions to blood collection.
- Bring your lab order and identification, if required by the laboratory.

IMPORTANT: Special tests may require special preparation.

Hormone levels, thyroid testing, iron studies, glucose/insulin testing, cortisol, therapeutic drug levels, and certain specialized panels can be sensitive to the time of day, meals, supplements, or the timing of medications. Follow the individualized instructions provided by HBIC.

Questions about preparation? Please contact HBIC before your blood draw rather than changing a medication or supplement regimen on your own.