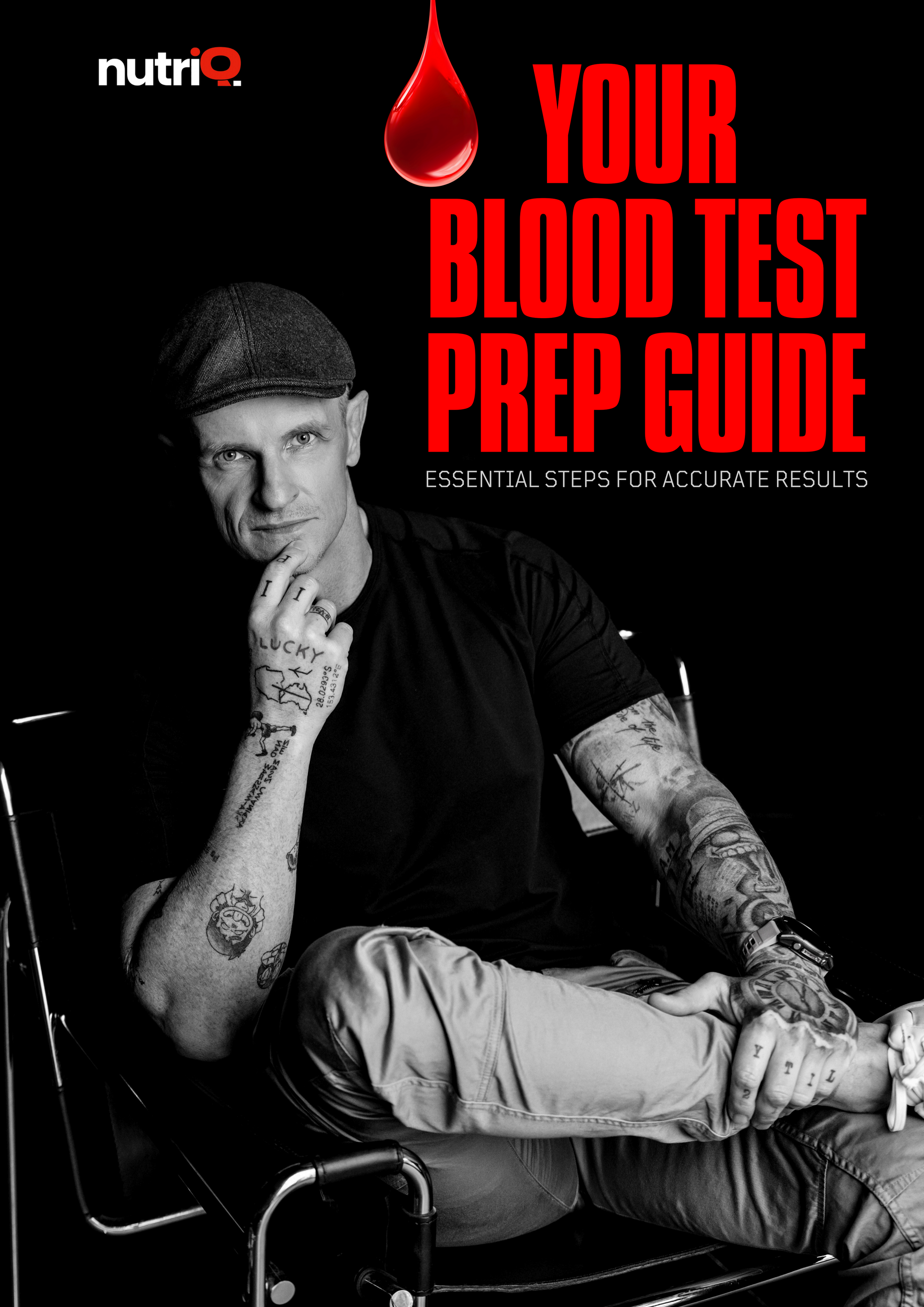
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YOUR BLOOD TEST PREP GUIDE

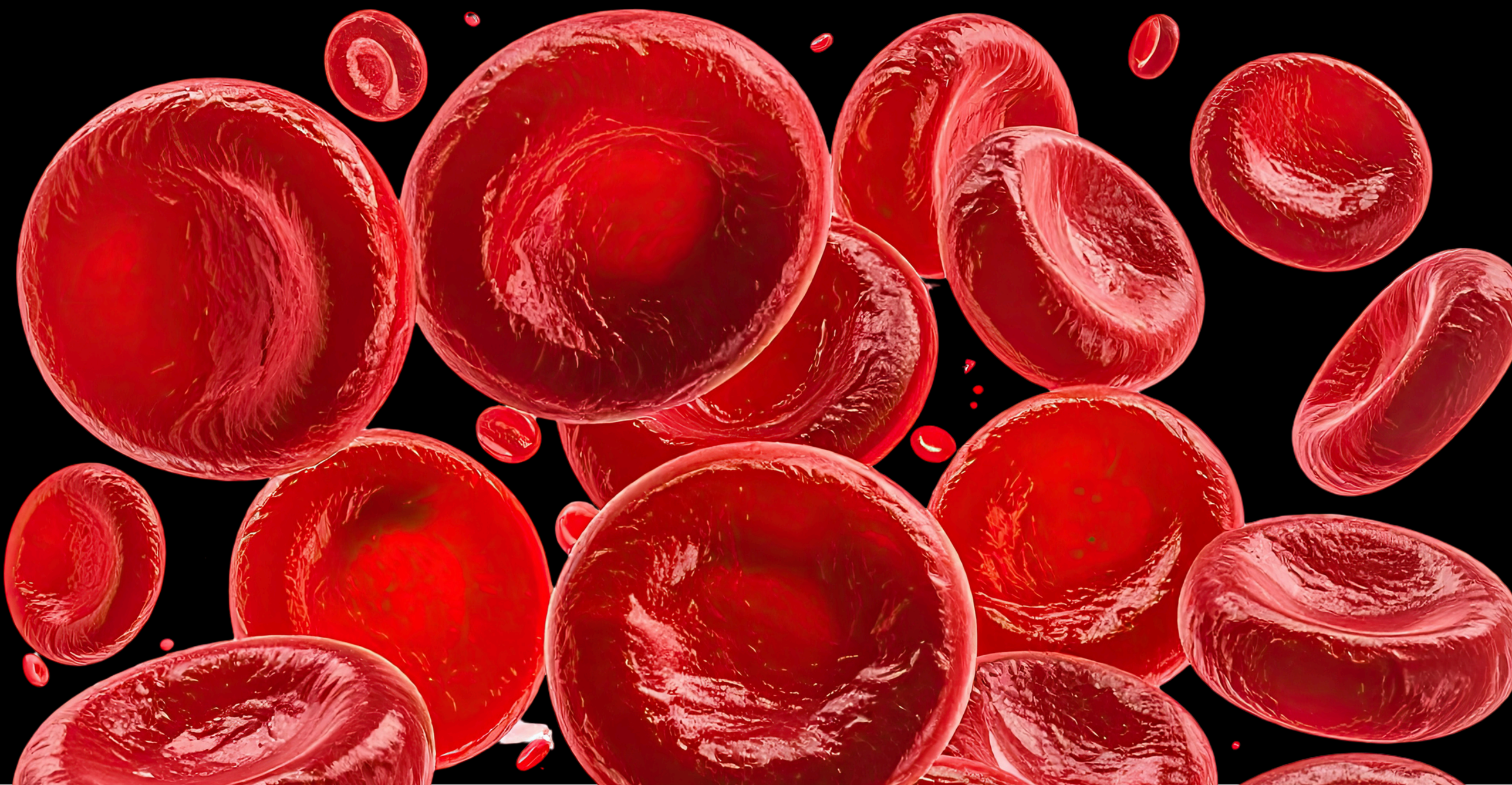
ESSENTIAL STEPS FOR ACCURATE RESULTS



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Blood tests are one of the most important diagnostic tools in medicine. The accuracy of your results depends not only on the laboratory, but also on how well you prepare.
Factors such as diet, medications, sleep and even stress can significantly affect outcomes.

Please follow these guidelines carefully before your appointment.



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DIET AND FASTING

You must fast for at least 12 hours before your blood test, which means no food or drinks other than water from the evening before. Your last meal should be light and easy to digest. Avoid fatty, heavy foods and sweets for at least 24 hours before the test, and alcohol for at least 2-3 days prior test as they can affect glucose, cholesterol, triglycerides, and liver enzyme levels.

RECOMMENDATIONS

- **Fast for a minimum of 12 hours before your appointment**
- **Eat a light, easily digestible dinner the night before**
- **Avoid sweets for at least 24 hours prior**
- **You may drink plain water freely**



ALCOHOL

Alcohol consumption, especially in larger amounts, can significantly affect liver and kidney function markers, as well as glucose and triglyceride levels. Refrain from drinking alcohol for several days before your blood test.

RECOMMENDATIONS

- **Avoid all alcohol for at least 2–3 days before the test**



MEDICATIONS AND SUPPLEMENTS

Certain supplements, especially those containing biotin, vitamins, minerals, or herbal extracts like St. John's wort, can alter blood values such as TSH and liver enzymes. If possible, discontinue supplements a few days before the test. For prescription medications, consult your doctor; if safe to do so, take them after your blood draw.

RECOMMENDATIONS

- **Stop supplements several days before testing if possible**
- **Consult your doctor about prescription medications**
- **If advised, take regular medications after the blood draw**



SLEEP

Lack of sleep can raise cortisol and affect blood sugar and hormone levels. Aim for 7–8 hours of quality sleep the night before your test so your body is well-rested and your results are not distorted by fatigue.

RECOMMENDATIONS

- **Get at least 7–8 hours of sleep the night before**
- **Avoid screen time close to bedtime for better rest**



PHYSICAL ACTIVITY

Intense exercise shortly before testing can elevate muscle and heart enzymes (such as CK and LDH), potentially suggesting abnormalities that are merely the result of physical exertion. Moderate daily activity is fine, but avoid strenuous workouts, long-distance running, or heavy gym sessions the day before.

RECOMMENDATIONS

- **Avoid intense exercise for 24–48 hours before the test**
- **Light walking or gentle activity is acceptable**



MENSTRUATION

During menstruation, iron levels may drop temporarily, which can skew results related to iron metabolism. If your tests involve iron panels or related markers, consider scheduling outside your menstrual period.

RECOMMENDATIONS

- **Avoid iron-related blood tests during your period if possible**
- **Inform your doctor about your cycle when scheduling**



ILLNESS

Even mild infections like a common cold can raise white blood cell counts, CRP, and other immune markers, masking your true baseline health. If you have any symptoms of illness, it is best to postpone your blood test until you have fully recovered.

RECOMMENDATIONS

- **Postpone testing if you are unwell, even with mild symptoms**
- **Wait until you feel fully recovered before rescheduling**



STRESS

Stress triggers the release of cortisol and other hormones that can alter glucose, lipid, and inflammatory marker levels. Try to stay calm and relaxed in the days leading up to your appointment. Allow yourself a few quiet moments before the blood draw.

RECOMMENDATIONS

- **Minimise stressful situations before testing**
- **Arrive early and allow time to relax before the blood draw**

QUICK SUMMARY

12 H
FASTING
No food or drinks except water

7-8 H
SLEEP
Get a full night of rest

24 H
NO EXERCISE
Avoid intense physical activity

2-3 DAYS
NO ALCOHOL
Refrain from any alcohol intake

Also remember:

- Pause supplements several days before testing
- Minimise stress - arrive early and stay calm
- Postpone if unwell, even with mild symptoms
- For iron tests, avoid scheduling during menstruation

THANK YOU!



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