

BLOOD EXAMS: How to prepare for blood tests

INSTRUCTIONS

Before taking a blood sample, it is important to pay attention to some small but important rules so that the analysis is as correct as possible:

- A. FASTING:** Fast 8 to 12 hours before the blood draw. Only modest amounts of water may be taken during this period; sugary drinks, alcohol, coffee and smoking are strictly prohibited.

- B. DIET:** In the days leading up to the blood draw, the diet should be as normal as possible, without making major changes in the amount and type of food.

- C. PHYSICAL EXERCISE:** Do not exercise in the 24 hours before blood collection. Do not do intensive and prolonged exercise in the 72 hours before blood collection.

- D. MEDICATIONS:** Discuss the timing and manner of any discontinuation of current drug therapies with your primary care physician. Medications that are required to be dosed in the blood should be taken after the blood draw.