



# How to Prepare for Comprehensive Blood Work

Blood work gives us a valuable snapshot of what is happening inside your body. A little preparation helps make your results as accurate and useful as possible.

## 1 Hydration

- Drink plenty of water for several days leading up to your draw.
- Continue drinking plain water the morning of your appointment.
- Good hydration helps your veins expand and can make the blood draw easier.

## 2 Fasting

- This lab requires a **12-hour fast**.
- Avoid all food and beverages during the fast, except plain water.
- Morning appointments are ideal so most of your fasting happens overnight.

## 3 Medications & Supplements

- You may continue your regular supplements and medications with a few exceptions.
- Stop **Vitamin B-complex supplements and biotin at least 3 days before testing**, as they can interfere with certain markers.
- If you take thyroid medication, try to have your blood drawn **before** taking your dose. Bring it with you and take it immediately afterward.

## 4 Lifestyle Factors

- Avoid intense workouts for **24 hours** before your blood draw.
- Avoid alcohol for **24 hours** before testing.
- If you are currently sick or just recovering, wait until you are fully well when possible. Illness can temporarily alter lab values.

## 5 Day of the Test

- Plan to go in the morning after your overnight fast.
- Continue drinking water before your appointment.
- Bring a snack or protein bar to eat after your draw.
- Continue hydrating after your appointment.

**A quick reminder:** This test is an opportunity to understand your body better, not something to stress over. With the right preparation, your results can give us the clearest snapshot possible.