

Checklist for patients prior to blood tests

Important!

General requirements

1. Do not fast 3 days prior to the test; you should consume more than 150 g of carbohydrates a day and continue your usual physical activities.
2. Do not eat and do not drink juice, tea, or coffee, especially with sugar, 10-16 hours prior to blood tests (depends on the type of test). Drink water only.
3. Eat less greasy and fried food and do not drink alcohol 1-2 days prior to the test. If you have a party the night before the test, it is better to delay the test by 1-2 days.
4. Do not smoke during the 15 minutes prior to the test.
5. Blood levels of most enzymes and hormones can fluctuate during the day, therefore, these blood tests should be done before 10 a.m.
6. Avoid sunbathing, physical activity (do not exercise) and stress prior to blood tests. Sit and relax 10-15 minutes prior to the test.
7. If you are considering taking medication, it is best to do lab tests either before taking them or 10-14 days after pharmacotherapy. Blood tests for the effectiveness of the therapy are usually done 14-21 days after medication use. If you are on medication, inform your doctor or lab technician.
8. Some medication (glucocorticoids, estrogens) and conditions (fever, long bed rest) increase glucose blood levels, thus, it is best to perform the glucose tolerance test when these factors are not at play.
9. Blood tests are not recommended after radiology and ultrasound exams, massage, reflexotherapy or physiotherapy procedures; rectal exams, veloergometry tests, and biopsies cannot be performed prior to PSA and FPSA tests.
10. Blood tests are not recommended for women while they are menstruating.
11. Physiological factors related to the menstrual cycle influence hormone test results. Therefore, prior to a hormone test, the patient will need to be aware of the what phase of the menstrual cycle they are in and follow the doctor's recommendations as to which day in the cycle the test should be performed.
12. Prior to the stress hormone test (ACTH, cortisol, prolactin, etc.), it is essential that the patient be calm and relaxed and not disturbed by any external factors, as stress increases the level of stress hormones in blood.
13. In testing for infections, the stage of the disease and the state of the immune system have to be considered. Even if the test results are negative, the absence of infection cannot be guaranteed. If you have any doubt about the lab test results, you should ask for the test to be repeated after 3-5 days. Testing for infectious diseases is best performed 21 days after suspected infection when antibody production is at its most active.

Special requirements

It is important to correctly prepare for the following tests, if prescribed:

The test	Instructions/advice prior to the test
Bleeding time	Abstinence from aspirin for 3-5 days prior to the test is recommended.
Calcitonin	Fasting for 12 hours (overnight) is preferred.
C-reactive protein	Fasting for 12 hours (overnight) is preferred.
Catecholamines, plasma	Fasting for 12 hours (overnight) is preferred.

	<p>For 3 days prior to the test and on the day of the test avoid intense physical activity and do not consume:</p> <ul style="list-style-type: none"> • alcohol • bananas • tea • coffee • caffeine • chocolate • tobacco <p>If you have had radiology exams or procedures which involved contrast materials (IVP, angiogram, myelogram, etc.), the test cannot be performed any sooner than 3 days after.</p>
Chromium, urine	Avoid vitamin or other mineral supplements for at least 1 week prior to urine sample collection.
C-peptide	Fasting for 2-3 hours prior to the test is recommended.
Cryoglobulins	Fasting for 12 hours (overnight) prior to the test is obligatory.
DHEA-SO ₄ unconjugated	Fasting for 2-3 hours prior to the test is recommended.
Faecal occult blood	<p>1. Do not take aspirin or other nonsteroidal anti-inflammatory medication, such as ibuprofen (Motrin®, Advil®) and naproxen (Aleve®, Naprosyn®), for 7 days prior to the test.</p> <p>2. 48 hours prior to and during the test avoid:</p> <ul style="list-style-type: none"> • exceeding 250 mg of vitamin C a day (consider all sources, including food, vitamins, supplements); • red meat (beef, lamb) and other meat and liver cooked together with it; • fresh fruit and vegetables (especially melon, turnip, and radish).
Glucose	Fasting for 12 hours (overnight) is obligatory.
Glucose tolerance test	<p>1. Diet (do not consume very sweet and greasy foods) and do not consume alcohol and medication, such as corticosteroids, thyroxine, phenytoin and oral contraceptives, for 3 days prior to the test.</p> <p>2. Fasting for 8-10 hours (overnight) prior to the test is obligatory.</p>

Heavy metals (lead)	Do not consume seafood and do not take antacid medication, vitamins with mineral supplements, and herbal medicines for 3 days prior to the test.
Liver enzymes	Fasting for 12 hours (overnight) is preferred.
Insulin	Fasting for 2-3 hours prior to the test is recommended.
Zinc	Abstain from vitamin or other mineral supplements for at least 3 days prior to the sample collection.
Uric acid	Fasting for 8 hours prior to the test is recommended.
Urea	Avoid eating a lot of meat for 1 day prior to the test.
Bilirubin (total, direct)	Fasting for 4 hours prior to the test is recommended.
Calcium	Avoid supplements with calcium for 8-12 hours prior to the test.
Magnesium	Avoid medication with magnesium (antacids, diuretics) for 3 days prior to the test.
Prostate-specific antigen (PSA)	Sexual abstinence for 48 hours prior to the test.
Complete blood count	Fasting for 3 hours prior to the test.