

Directions for Blood Draws

All blood draws must be completed by 11:30 am in order to meet cut off times for FedEx and UPS pickup times.



- If your labs are fasting: (common fasting labs include *lipid panels*, *fasting blood sugars* and *comprehensive metabolic panels*)
 - Please do not eat for 12 hours prior to your blood draw.
 - Please do not drink anything except for plenty of plain unflavored WATER prior to your blood draw.
 - Water does NOT include energy drinks, black coffee, tea or electrolyte supplements.
 - If you are NOT fasting, you will be rescheduled and may be charged a fee for your failed appointment.



- Please come **WELL** hydrated. Blood draws may have to be rescheduled due to poor hydration status at the time of the blood draw. Start drinking water the night before and continue drinking water the morning of you blood draw. Your goal is a minimum two quarts. One the night before and one the morning of your blood draw. If you are unsure if your labs are fasting or not it is best to come fasting to ensure that your do not have to be rescheduled.

- If your labs include a check of endocrine hormones, please do not take them the day of your test. This includes:
 - *Thyroid hormones.*
 - *Hydrocortisone*
 - Oral sex hormones such as *progesterone*, *estrogen* or *testosterone*.
 - If you are injecting hormones, please skip any injections that are within four days of your blood draw.



- If checking *PSA* (prostate specific antigen) no intercourse for three days prior to your test.
- If checking for *H-pylori* via a breath test, no eating or drinking one hour prior to your exam.
- Check with your doctor if you think one of these guidelines does not apply to you.

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