



HOW TO PREPARE FOR BLOOD TESTS

1. You should preferably arrive to have blood drawn in the morning (between 7:00 and 10:00 a.m.) and in a fasting state (it is advised not to eat anything after 6:00 p.m. the day before having blood drawn). Try not to smoke. Come to the laboratory in the morning, no matter the type of blood tests you are scheduled to have, as this is the best time of day to collect samples for biochemistry tests.
2. Avoiding excessive physical strain and sit at rest for 10 to 15 minutes before the blood is drawn.
3. You do not need to fast before all blood tests; nevertheless, you should arrive in the morning to have your blood drawn because the levels of blood components may vary throughout the day and the reference values apply to morning levels.
4. If possible, you should limit the medications you take, including vitamin C, as they directly affect many biochemical parameters of the serum and urine.
5. Do not test for the levels of blood markers that you currently take, such as iron.
6. Blood tests should not be performed in patients who have abused alcohol within 48 hours of the collection time, as it may significantly elevate the activity of gamma-glutamyl transpeptidase (GGTP) and may temporarily increase the average volume of red blood cells (MCV).
7. Before you have your blood drawn for a PSA test, protect the prostate region against mechanical injury, abstain from sexual intercourse for at least 3 days, and do not undergo any per rectum surgical or diagnostic procedures.

Follow these general principles:

- **The following tests typically require fasting, since the levels may change after a meal:** glucose, glucose tolerance test, insulin, C-peptide, lipid profile (TG and HDL), iron, phosphorus, cortisol, and folic acid.
- **Samples for the following tests need to be collected in the morning due to the diurnal rhythm:** iron, phosphorus, potassium, zinc, copper, cortisol, aldosterone, prolactin (no earlier than 2–3 hours after waking up), FSH, LH, TSH, growth hormone, PTH, testosterone, 17-OH progesterone, and DHEA.
- **Samples for the following tests need to be collected in the morning and in a fasting state:** coagulation profile (PT, APTT, and fibrinogen), magnesium, calcium, urea, creatinine, uric acid, prolactin, total protein, bilirubin, ASP, ALT, ALP, LDH, peripheral blood count, and ESR.