
Preparing For Your Blood Test

48 Hours Before Your Test

- Stop taking any non-prescription medications and supplements. This is important if you are getting tested for vitamins and minerals as we don't want to be testing the vitamins you are ingesting the day before the test.
- It is equally important that you continue to take any prescription medication.

The Day Before Your Test

- Avoid alcohol to prevent dehydration and changes to liver enzymes
- Avoid a late night if possible
- Avoid high intensity exercise sessions, or long endurance events as this will affect electrolytes
- Aim to finish eating 12 hours before you plan to do the blood test
- Ensure that you are hydrated

The Day Of The Blood Test

- Avoid all food before the blood test, this includes coffee and tea
- While it is important to do the test fasted you can drink water, and I highly recommend drinking around 500ml of water on the morning of the blood test to ensure you are hydrated.
- Dehydration can affect the test results and give strange readings for the electrolytes and kidney function
- Take a snack with you so you can have something to eat after the blood test