



Pre-Blood Test Preparation Guidelines

The below guidelines are provided in relation to most blood tests carried out by Steve Grant Health. If you do not need to follow any of the below instructions, you will be instructed to do so prior to your test.

These guidelines are put in place to ensure the accuracy of your blood test and to ensure that markers are not unnecessarily skewed as this may lead to further investigation or interventions that are not required.

1

Fasting Test and Water Intake Instructions

Your test is to be performed fasted. Doing so helps us get a better idea of your metabolic health. **A fasting test requires you to fast for around 8-12 hours.** The best approach is to fast overnight and then have the blood draw in the morning.

You do not need to fast from water, in fact we recommend that you drink 1-2 large glasses of water in the 1-2 hours before the test to prevent you from being acutely dehydrated at the time of the test as this can impact on certain markers.

2

Supplements and Medications

It is important that you let us know what supplements and medications you are taking prior to the test. **We will not advise you to stop any medications,** however, when it comes to interpreting your results, we may have to consider the impact of those medications.

With regards to supplements, we may advise you to stop supplements depending on the markers that are being assessed.

We do recommend avoiding any biotin (vitamin B7) supplementation in the run up to testing as this nutrient may interfere with several markers. You will commonly find biotin in multivitamin and minerals, B complexes and supplements relating to skin, hair and nail health. Please give at least 4 days without biotin from supplementation before testing.

Any other supplement changes in the run up to your test will be guided by your practitioner.

3

Timing

For most tests, we recommend testing in the morning because of the fasted element of the test. If you are a menstruating female and you are running an assessment of your sex hormones, we may advise on a specific point in your cycle to test. This will be discussed with you, in the event that those markers are being assessed.

4

Pre-Test Exercise Considerations

Strenuous exercise can lead to damage to the muscle tissue. As a result, enzymes can be released into the blood for a number of hours following that training session. These enzymes are also produced by other tissues in the body, such as the liver. Intensive exercise may skew these “liver enzymes” so they look elevated, whereas this is in fact just a result of muscle damage.

For this reason, **we recommend at least 48hours of no intensive exercise prior to the test.** Please also keep a record of your training in the run up to your blood test. If you have been involved in an event that might result in more significant tissue damage, such as a marathon, CrossFit event etc, then we recommend at least one week of rest before testing.

Gentle exercise in the days prior to the test is acceptable. This might include light walking, swimming, cycling etc.

5

Alcohol

Alcohol intake can acutely impact on both liver enzyme levels and hydration status. For this reason, **we recommend at least 48hours of no alcohol prior to the test.**

6

Illness

If you have recently been ill, please do let us know. Illness can acutely impact on white blood cell levels and inflammation markers. If the intention is not to test for what is acutely going on, then it is best to wait until you are recovered.

We are not typically looking to assess around the time of acute illness, so please leave at least a week after you have recovered from an acute illness.

SUMMARY

1. Perform your test in the morning following an 8-12 hour fast unless told otherwise
2. Drink at least 1-2 large glasses of water in the 1-2 hours before the test
3. No alcohol or intensive exercise for at least 48hours prior to the test
4. There is no specific timing for the test, unless stated otherwise. Your clinician will guide if there are specific considerations relating to the time of day or for instance your menstrual cycle.
5. Please inform us if you have been ill recently. We can guide when is best to take the test.