

Laboratory Tests Instructions

Talk with your doctor if you have any questions

24 Hours Before Labs

- Abstain from alcohol use.

The Night Before Labs

- Do not eat after 7:00 p.m. or at least 10-12 hours before your labs, unless instructed otherwise.
- At your last meal before 7:00 p.m. do **not** eat:
 - fatty and fried foods
 - whole milk or cream
 - oils
 - gravy or fatty dressings
- Do not eat until after your labs the next morning (including chewing gum, candy, etc.). If you have diabetes, get specific directions from your doctor regarding any evening snack.
- Please note, that you may drink as much water as you want prior to midnight, but limit your water in the morning to 8 ounces prior to your lab work. Too much water can “dilute” your lab results and give a false reading.
- Do not stop your medications or supplements unless your doctor instructs you to do so.

-Follow the instructions to prepare for the specific test you are having performed.

-Alert the person collecting your sample if you’ve deviated from the instructions and how.

-Inform them of any medications (including vitamins and supplements) you are taking. If you are taking certain prescribed medications, such as anticoagulants (blood-thinners) or seizure medication, you may want to write down the exact time at which you took your dose and when your blood was drawn. This information will be useful if your healthcare provider has any questions about your test results.

-Certain behaviors may affect some test results, such as recent or excessive exercise, not taking in enough fluids (dehydration), excessive eating, or recent sexual activity. You may be asked to refrain from some of these activities for certain tests.

-One of the more common types of preparation required for testing is fasting (without all or certain foods) for several hours before the test or even overnight. Certain tests may require you to increase or decrease the amount you drink for 10 to 12 hours prior to the test. There may be specific foods and medications you will need to avoid. Or you may be asked not to smoke before the test or even not to drink your favorite herbal tea. If you are collecting the specimen at home (such as urine, stool, or semen), you could be asked to follow certain procedures to transport the sample from home to the lab.

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Glucose	Fasting or eating meals at specific times may be required.
Lipid Profile	Typically fasting for 9-12hrs before the test. Drink water only .
Creatinine	Fasting overnight or refraining from eating cooked meat may be required since some studies have shown that eating cooked meats prior to testing can temporarily increase levels of creatinine.
Fecal Blood Test	This occult blood test may restrict certain foods or medications.
Urine Tests	10 mL of FIRST-morning urine before food or drink is suggested. You may be instructed not to drink water 15-20mins before sample. Patients should avoid apples, grapes (including raisins), pears, cranberries, and juices 48 hours prior to specimen collection. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 12 hours before collection.
5-HIAA	Foods such as avocados, bananas, pineapples, plums, walnuts, tomatoes, kiwi fruit, and eggplant can interfere with 5-HIAA measurements and should be avoided for 3 days prior to and during urine collection; there are also drugs that can affect this test.
Iron Tests	The Iron Institute suggests staying off iron supplementation for up to 5 days to see what we are “holding onto”.
Cortisol Tests	Try to stay off any cortisol-containing/stimulating supplements for up to 2 weeks. This includes zinc and licorice root. If you wear dentures, remove them and wash your mouth before performing a saliva test. Resting before sample collection may be required and it may be necessary to refrain from eating, drinking, or brushing your teeth for a period before taking the sample. A 24-hour urine test is best to diagnose Addison’s or Cushing’s diseases but not as good as a 4-point saliva test for other issues.
Thyroid Tests	The day before testing take your medication as normal with exception of bringing your evening dose, if used regularly, to the afternoon. Then, perform the test before taking the morning dose.
Potassium	Don’t use a tourniquet for a blood draw, may falsely raise results.
Aldosterone	Best performed in the morning with no salt intake for 24hrs. Women should perform in the first week after their period since progesterone can raise aldosterone. Results can be altered with severe illness, intense stress, vigorous exercise, and pregnancy.
LH & FSH	Should be taken between days 2-4 of the cycle while bleeding.
Parasite	Stop enzymes, and probiotics, for at least 4 days before the test.

Biotin Can Interfere with Many Lab Tests Including These:

CA 19-9, CA 125, CEA, Cortisol, C-peptide, C-Telopeptide, DHEA-S, Estradiol, Ferritin, Folate and B-12, FSH & LH, HCG, Hepatitis A & B antibodies, Osteocalcin, Progesterone, Prolactin, PSA, PTH, Sex Hormone Binding Globulin, Testosterone, Thyroid Antibodies, Thyroid hormones, Troponin.

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High doses of biotin should be discontinued for 72 hours before testing. For more on this topic see Cleveland Heart Lab's information. <https://www.clevelandheartlab.com/biotinfoaq/>

Questions and Answers

Why do I have to fast?

- Some test values change following the digestion of food. For example, if you eat lots of sugar, your blood sugar will be high. When you are fasting, you get a base result that can be compared over time.

I'm thirsty. Can I have something to drink?

- You may drink only water. Do not drink juice, coffee, tea, diet soda, or any other beverage regardless of whether or not it has cream and/or sugar in it.

I'm hungry. Can I eat anything?

- Sorry, you may not eat anything while fasting.

Should I continue to take my medications?

- Unless your physician tells you otherwise, continue to take your prescriptions. Ask your physician about over-the-counter medications.

May I chew gum?

- No, not even sugarless. Gum stimulates your digestive system and can alter the test results.

May I smoke?

- No, smoking can affect the test results.

May I do my exercise routine?

- No, exercise can affect test results.

What time should I come to the laboratory?

- Most people find it convenient to stop eating and drinking after 8 p.m. and to arrive at the laboratory early the next morning.

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