



Before Your Blood Test Checklist™

A few simple checks can help you arrive prepared and avoid preventable surprises.

1 Confirm the Instructions



- ☐ Ask whether you need to fast
- ☐ Confirm what time to stop eating, if required
- ☐ Ask whether water is allowed
- ☐ Check the date, time and lab location

2 Review Medications & Supplements



- ☐ Ask whether to take your usual medications
- ☐ Mention every vitamin, herb and supplement
- ☐ Do not stop anything unless instructed
- ☐ Note anything you recently started or changed

3 The Day Before



- ☐ Follow the eating and fasting instructions provided
- ☐ Drink water normally unless told otherwise
- ☐ Avoid unusually intense exercise
- ☐ Keep alcohol within your provider's instructions

4 Before You Leave



- ☐ Bring your photo ID and insurance information
- ☐ Bring the lab order if you were given one
- ☐ Wear sleeves that are easy to roll up
- ☐ Write down any final questions

Tell the Lab Staff If...



- ☐ You feel faint or anxious around needles
- ☐ Blood draws have been difficult before
- ☐ You did not follow part of the preparation instructions

Gentle Reminder



Preparation can vary by test. Always follow the instructions from your healthcare provider or laboratory.

Martine's Midlife Wellness Tip

Set out your paperwork and water bottle the night before.
One small bit of preparation can make the morning feel much easier.