

Before your Blood Test



Blood Test Preparation & Aftercare Guide

Preparing well helps your appointment run smoothly and ensures accurate results.

1-2 Weeks Before

- Hydrate daily: **1.5-2 litres of water** (more if exercising or hot weather).
- Stop supplements for **5 days** unless advised otherwise.
- Avoid very intense exercise for **at least 3 days** before testing.
- Check if your test requires fasting for 8-12 hours (water only; no cigarettes).
- Avoid strenuous exercise for 3 days before your test.
- Take prescribed medication as normal, and tell the phlebotomist if you take blood thinners.

The Day Before

- Stay well hydrated throughout the day (aim for pale, straw-coloured urine).
- Avoid alcohol for the day.
- Limit very fatty or heavy meals, especially in the evening.
- Stick to your normal routine – avoid sudden changes to diet or supplements.
- Get a good night's sleep, as rest can influence hormone and stress markers.

On the Day

- Follow fasting instructions: water only if fasting.
- Eat lightly if non-fasting.
- Drink 1-2 glasses of water in the hour before your test.
- Wear loose sleeves or a short-sleeved top.
- Stay warm – cold arms make veins harder to access.
- Relax your arm during the draw.
- Tell your phlebotomist if you have difficult veins, have fainted before, or take medications affecting clotting.
- Bring a snack to eat afterward if you have fasted.
- Sign and hand in your Phlebotomy Agreement.

Aftercare



Press firmly on the site for a few minutes to reduce bruising.



Keep the area clean and dry for several hours.



Avoid **heavy lifting, vigorous exercise, or saunas** for 24 hours.



Drink water and eat a light snack if you were fasting.

Frequently Asked Questions

Can I eat or drink before my test?



- If fasting, no food, caloric drinks, or cigarettes for **8-12 hours** before the test.
- Water is encouraged to maintain hydration and improve vein quality.

What if I'm unwell?



Illness – including **viral infections, colds, flu, chest infections,** or inflammatory illnesses – can distort results. It's best to **postpone your test** until you are fully recovered.

Why do I need to stop strenuous exercise beforehand?



Avoid **strenuous or high-intensity exercise** before the test for at least 3 days as it can raise enzyme levels, affect hormones and impact levels biomarkers.

Does test timing matter?

Yes. Some results vary depending on time of day or menstrual cycle phase:

- **Testosterone:** ideally tested around 8am
- **Cortisol:** ideally tested around 9am
- **Thyroid hormones:** test at the same time as previous tests; take thyroid medication consistently
- **Female hormones:** typically Day 3 and/or Day 21 of your cycle



Get in touch

If you're unsure about tests or have any questions, please contact me before your appointment:

✉ lucy@lucyclarke.co.uk ☎ 07500562428 🌐 www.lucyclarke.co.uk/functional-testing/