



INCREMENTAL *Health*



How To Take a Blood Test
Guide

IMPORTANCE OF PREPARATION

Preparing your body for a Blood Test is just as important as taking the test itself.

Proper preparation is key to ensuring your test results are as accurate as possible and best reflect the current state of your body.

Preparation for a Blood Test can start up to 7 days before the actual day of the Test.

If you are arranging the blood draw with someone you know (must be qualified and experienced to do so), please ask them if it's possible to use a "butterfly" needle as these work much better than the one supplied in the kit.

DISCLAIMER - The information within this guide is not medical advice. If you have any concerns or queries around taking your blood test please contact a medical professional.

HOW TO PREPARE

No Alcohol or Drugs for 7 days prior to Test

No Sauna for 4 days before Test

No strenuous exercise for 3 days before Test -

Walking/Stretching etc are fine.

(No Weights, High intensity workouts, or long cardio sessions)

Stop taking all Supplements for 2 day before Test

(Do not stop medication if immediate risk to health is present)

Ensure proper hydration - Drink 2 to 3L of water the day before the test and also 1L of water 60 minutes before on the morning of the Test.

Most Tests are required to be carried out in a Fasted state. This usually means first thing in the morning after not eating since the evening before - aim for around 10 hours between your last meal and the Test. Preferably no more than 12 hours but not essential.

EXTRA NOTES

Please have your sample taken on MONDAY, TUESDAY, WEDNESDAY or THURSDAY and post it the same day in a priority post box.

Having your sample taken on a Friday, Saturday or Sunday may delay postage and cause some of the test results to fail.

SOME Test Kits require activation - There may be a code within the test kit which you will need to log in to your account on the test providers website/app and activate the test using your specific code.

Some Test Kits come pre-activated, this will be made clear on the paperwork within your kit

Please dont hesitate to contact me with any questions around preparing for or taking your Blood Test