

Key Information When Preparing for Your Blood Draw

Fasting Instructions & Common Fasting Tests

Some blood tests require fasting (no food or drinks except water) for 8–12 hours before your appointment. Common fasting tests include:

- Blood glucose
- Lipid panel (cholesterol, triglycerides)
- Certain metabolic panels and iron studies:
 - Basic Metabolic Panel (BMP)
 - Comprehensive Metabolic Panel (CMP)

Confirm with your provider if fasting is necessary for your specific tests.

Before Your Appointment

- Stay hydrated: Drink plenty of water before your blood draw. This helps make your veins easier to find and can make the process quicker and more comfortable.
- Take medications as directed: Unless told otherwise, continue taking your regular medications with water.
- Dress comfortably: Wear sleeves that roll up easily for access to your arm.

After Your Blood Draw

- Apply gentle pressure to the site to reduce bruising.
- Stay hydrated and eat a light meal (if fasting) to restore your energy.
- Avoid heavy lifting with the drawn arm for a few hours.
- Contact your provider if you notice excessive swelling, bleeding, or prolonged discomfort.