



PREPARATION REQUIREMENTS **BLOOD TEST**



DOCUMENTS TO BRING ON TEST DAY

- Identification document.
- Insurance card (if applicable).
- Medical order with information about the test to be performed.
- Authorization from the insurance company (if applicable).

GENERAL INSTRUCTIONS

- Fast for 12 hours prior to the collection of the sample. Please contact us if additional information is required.
- Avoid stress before and during sample collection.
- Do not exercise on test day.
- Do not drink alcohol 24 hours prior to the collection of the sample.
- Do not smoke before the collection of the sample.