VITALS VAULT

FREE GUIDE

Before Your Blood Draw

A short prep sheet so your next results are easier to compare with your last ones. Lab handling, stress and time of day can all move a result.

THE WEEK BEFORE: TICK WHAT YOU NOTED

- [ ] Date and time of my draw
- [ ] Which lab I am using
- [ ] Same lab as last time
- [ ] Whether I was told to fast
- [ ] Any illness this week
- [ ] Unusual stress this week
- [ ] Any recent blood loss
- [ ] Medicines and products I use (list only)

WRITE IT DOWN

Draw date and time: _____

Lab name and location: _____

Fasting instructions I was given: _____

Anything unusual this week: _____

WHY THIS MATTERS

A standard reference range comes from a group of at least 120 similar people, and it varies by lab, equipment and technique. Specimen handling, stress and time of day can also shift a result, so repeat labs at the same lab when you can.

QUESTIONS TO ASK

- [ ] Is this the same lab and method as my last draw?
- [ ] Does this test need fasting, and for how long?
- [ ] Is this a good time of day for this test?
- [ ] Which of my results could be shifted by stress or illness?

Sources: Our own checklist. One framework only; prep rules differ by test.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com