

# How To Prepare for Your Blood Draw

## Before the Test Begins

If this is your first blood draw at the Boulder Natural Medicine Clinic:

Discontinue the following items:

- all non-essential medications, including acetaminophen and over-the-counter remedies
- all vitamins, minerals, amino acids
- all herbal supplements
- adrenal steroids, corticosteroids
- antihistamines
- penicillin and other antibiotics

If this is a follow-up blood draw:

- Do not discontinue any of the above

## The Night Before the Blood Draw

Fast overnight (at least 12 hours) prior to the blood draw. The normal consumption of water is encouraged.