

MEDPHYSICALS PLUS-BLOOD TEST INSTRUCTIONS

Since most folks will probably be taking advantage of the Health & Wellness Panel, **yes, the do have to fast for most of those tests**. Exceptions to this are if they have certain conditions like diabetes. They need to consult their doctor about fasting.

Other Tips:

There is a range of things that people can do when fasting for a blood test. These include:

- **Water:** It is important to keep drinking plenty of water when fasting to stay hydrated. Water does not affect the results of a blood test and is acceptable to drink when asked to fast. Staying hydrated also help keep the vein plump for the blood draw.
- **Timings:** Whether a person has to fast for 8, 12, or 24 hours, it is a good idea to work out what is the latest time they can eat or drink before the test. For example, if a person is asked to fast for 12 hours before a blood test at 9 a.m., they should not eat anything after 9 p.m. the night before.
- **Medication:** It is important for people to keep taking any regular prescribed medication while they are fasting unless they have been told by a doctor to do otherwise. There are supplements and vitamins, however, that can affect some tests. For example, if a person is taking iron supplements, they may want to take it after the blood draw if they are going to check for their iron levels.
- **Pregnancy:** It is usually safe for pregnant women to fast. However, it is a good idea to speak to a doctor before the test and get their advice on the best way to do this safely.

FYI, if people make a mistake and eat or drink anything besides water the day of the blood draw, they just need to tell the person taking their blood. Depending on the tests, we can still draw their blood and will note that on the paperwork. Their doctor will want to know so he/she can interpret their tests correctly. **If they want to come in to our office after the event to get their blood drawn, they need to register at our booth during the event so we can extend the discounted pricing for them for a week after the event.**

Hope this helps! Reach out any time if you have additional questions.

Jessica Roley

Director of Operations
MedPhysicals Plus, LLC



AN INEXPENSIVE BLOOD TEST CAN SAVE YOUR LIFE!

**\$45
Health & Wellness
Package**

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Thyroid Screen (TSH) \$30

Prostate Screen (PSA) \$25

Hgb A1C - Diabetes Screen \$25

Vitamin D Screen \$50

We offer direct-to-consumer medical lab services. No doctor referral or insurance necessary. Please ask about other blood tests available at our regularly low price.

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WELLNESS EXPO
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