Doctors use blood tests to gain insight into your health. But before you roll up your sleeve, be sure to **PREP!**

**P**artner with your doctor

Be sure that you know what is expected of you to get ready for your tests.

- Do you need to fast for a certain period of time?
- Stop taking specific medications?
- Continue taking others?

**R**eport your medications

Anything you put into your body can impact your tests. Tell your doctor about:

- Your prescriptions
- Over-the-counter medications
- Multivitamins and supplements

**E**valuate the best time to schedule your tests

Sometimes a doctor might order a blood test to be sure you are on the right dose of a prescription medication, so you may need to schedule carefully according to your dosing regimen. Other times, you may need to stop taking a medication or vitamin for several hours to ensure it doesn’t impact your test results.

**P**repare for your tests as directed

Your healthcare provider is the best resource on all of the questions you may have about preparing for blood tests. Following their instructions will ensure the most accurate results.

**IF YOU HAVE TAKEN HIGH DOSE BIOTIN – YOU WILL NEED TO WAIT FOR 8 HOURS BEFORE YOUR BLOOD DRAW.**