

# **Testing Day Preparation Instructions**

## **How to prepare:**

1. Complete and submit your Health History Questionnaire two business days prior to your appointment.
  - a. We do not guarantee testing spots for late additions.
2. Please fast for 9-12 hours prior to your blood collection. Please **DO NOT** eat anything until after you have had your blood drawn.
  - a. Plan to eat breakfast **AFTER** you have had your blood collection.
3. Continue to take any medications as prescribed.
4. Drink plenty of water. Stay well-hydrated.
5. Please refrain from any strenuous exercise 24 hours prior to your appointment.
6. Please wear athletic clothing (shorts rather than pants, this makes the skinfold process much easier).

## **What to expect on testing day:**

## **Your evaluation will include:**

- A resting 12-lead electrocardiogram (ECG)
- Fasting blood lipid and blood glucose measurements via a finger prick
- Height, weight, waist circumference, and skinfold measurements
- Resting blood pressure
- Review of family and personal health history

**The testing process should take approximately 20 minutes.**