



## **NUTRITION PATIENT TEST PREPARATION CONSIDERATIONS**

Certain tests listed below may be ordered which require advanced preparation. Most of our patients want to get started as quickly as possible. In order to do this, please consider the following.

1. Many blood tests will likely require a 12-hour fast. (No gum, mints, coffee, candy, supplements, food, etc.) If you plan to complete the testing the same day as your appointment, please fast for 12 hours and drink plenty of water.
  - If you have an appointment later than 11:00am, do not fast. Most labs close for lunch break from 12:30p-1:30p. We don't want you to go more than 14 hours without eating as it could skew some test results. You can complete your test another day.
  - If you are Diabetic or have another medical condition that makes fasting difficult, please do not fast. We will take your condition into account with your testing.
  
2. Do not perm or color your hair for 8 weeks prior to your consultation. If you have an appointment scheduled for a perm or coloring, you may want to consider delaying your hair appointment. Please have hair washed. Conditioners, gels and hair sprays are OK.
  
3. Another testing option is a body composition analysis. This test is only performed from 9am-Noon and requires a 3-hour fast with no food or water consumption for optimal results.
  - If you think you may complete both the blood work and body composition testing on the day of your appointment, drink plenty of water until about 3 hours before your appointment time.