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CENTER FOR NATURAL HEALTHCARE

Providing Steps to Wholeness

Fasting Instructions

Name: _____

Appointment Date: _____ Appointment Time: _____

Please carefully follow the 6 steps listed below prior to your blood draw.

1. Please **STOP** eating or drinking anything other than water 12 hours prior to your scheduled blood draw. Example-If you have a 9 a.m. appointment, you will stop eating and drinking liquids other than water at 9 p.m. the evening prior to your blood draw.
2. During the 24 to 48 hours prior to your blood draw increase your water intake to avoid dehydration, which can result in a difficult blood draw. Be sure to consume one half of your body weight in ounces of water each day. Example-A 150 pound individual will consume 75 ounces of water each day prior to their scheduled blood draw.
3. Consume a minimum of 32 ounces of water the morning of your blood draw.
4. Please also be prepared to provide a urine sample at the time of your blood draw.
5. Please carefully complete all the patient questionnaires **prior** to your blood draw and return them at your scheduled appointment time.
6. Please bring a protein snack to eat immediately following your blood draw.

If you have any questions regarding your laboratory testing please feel free to contact our office at 651-388-1211.

Thank you!

Natural Medicine

• Chiropractic Treatment • Acupuncture • Detoxification • Lab & Allergy Testing • Nutritional Counseling
Personalized Health Coaching • Nutritional/Herbal Therapy • Hormone Testing/Treatment

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