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**CENTER FOR NATURAL HEALTHCARE, PLLC**  
*Providing Steps to Wholeness*

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## Fasting Instructions

Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Please carefully follow the 7 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. DO NOT TAKE ANY MEDICATION before your blood draw.
5. Please be prepared to provide a urine sample at the time of your blood draw. If you were able to pick up a urinalysis cup prior, please take first morning urine sample, midstream collection.
6. Please carefully complete all the patient questionnaires prior to your blood draw and return them two days prior to your scheduled appointment time.
7. 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**

- Acupuncture • Chiropractic Treatment • Detoxification • FX 405 Laser Therapy • Hormone Testing/Treatment
- Lab & Food Sensitivity Testing • Nutritional Counseling • Personalized Health Coaching • Weight Loss

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