



Blood Panel

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

1. Fasting (If Recommended):

- Some lab tests require fasting.
- Your provider will let you know if fasting is needed. If so, do not eat or drink anything except water for 8–12 hours prior to your appointment.

2. Stay Hydrated:

- Drink plenty of water the day before and the morning of your blood draw.
- Hydration helps make your veins easier to access and improves comfort.

3. Wear Short Sleeves or a Tank Top:

- Short sleeves or loose tops are ideal so your provider can easily access your arm

4. Avoid Blood-Thinning Medications (Unless Prescribed):

- Do not take NSAIDs like aspirin, ibuprofen, or naproxen before your appointment unless prescribed. These can increase the risk of bleeding and bruising.

5. Let us know if:

- Are pregnant or nursing
- Take any medications or supplements
- Have allergies (especially to medications or adhesives)
- Have any chronic health conditions
- Let us know if you've ever fainted, felt dizzy, or had a negative reaction to a previous blood draw.

6. Medications:

- Continue taking prescribed medications unless your provider instructs otherwise
-

POST- TREATMENT CARE:

1. Apply Pressure:

- Hold firm pressure on the draw site for a few minutes to reduce bruising. This helps reduce bruising or bleeding.

2. Keep Hydrating & Eat Light

- Continue drinking water throughout the day to support optimal nutrient absorption and rehydration. Eat a light snack, especially if you were fasting.

3. Avoid Strenuous Activity:

- Refrain from heavy lifting or vigorous exercise with the arm used for the draw for the rest of the day. Especially if you feel tired.

4. Monitor Injection Site: Mild redness or bruising is common. Contact us if you notice:

- Swelling or increased pain, Redness that spreads, Warmth or pus at the site

5. Listen to your Body

- If you feel dizzy, lightheaded, or unwell, sit or lie down and let us know. Seek medical help if symptoms persist.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

Tel: 619-630-9227 Email: info@sportsmedspa.com Website: <https://sportsmedspa.com/>