

Instructions for blood sample collection

- ❖ please avoid intensive physical activity and greasy food 24 hours before blood sampling
- ❖ eat normal food you usually take
- ❖ please do not eat, drink alcohol or smoke after 10 PM during the night before the test
- ❖ if possible, please avoid taking pharmacologically active agents 2 days before blood sampling (medications, alcohol, caffeine, nicotine, addictive drugs)
- ❖ for regular tests, a blood sample is to be collected before you undergo diagnostic or therapeutic procedures
- ❖ you should be well rested before a blood sampling and it is necessary to provide the conditions and settings where you will calmly wait in order to avoid potential metabolic changes due to stress and hormone impact (especially corticosteroids and catecholamines)
- ❖ for hormone level measurement (especially prolactin and cortisol) you should rest in a sitting position for at least 15 minutes from the time of arrival to the hospital till the blood sampling.