

!!!Rules to Follow Before Blood Work!!!

1. Fast for 10–12 Hours

- Water only.
- No food, coffee, juice, gum, or supplements.
- Last meal should be **light**—not high in fats or protein.

2. Stay Hydrated

- Drink **1–2 cups of water 20–40 minutes before** your test.
- Proper hydration helps with blood flow and result accuracy.

3. Test in the Morning, Rested

- **Do the test between 7:00–10:00 AM.**
- Ideally, **at least 1 hour after waking up.**
- You should be **calm, seated, and rested** before the draw.

4. No Training, including cardio, 48 Hours Prior

- Exercise can elevate inflammatory markers, liver enzymes, and hormone levels.
- If you're highly trained, 24 hours may be enough.

5. No Sex for 24–48 Hours (Before Hormone Panels)

- Sexual activity can spike **prolactin** and **sex hormones**.

6. No Alcohol for 48 Hours

- Alcohol disrupts glucose, liver enzymes, and hormone balance.

7. No Smoking for at Least 12 Hours

- Important to follow. Smoking can affect overall results.

8. No Sauna, Hot Baths, or Intense Heat Exposure

- These can affect men's sex hormones.

9. No Vitamins for 5 Days.

10. Avoid Stress Before the Draw (Can affect prolactin results. If an individual is in constant stress(due to work, business etc.), then don't change anything.)

Blood test list for women. (Low budget)

Liver Function Tests

- AST
- ALT
- Gamma-GT
- Total Bilirubin

General blood health

- CBC (complete blood count)

Lipid (Cholesterol) Profile

- Lipidogram

Hormonal Panel

- TSH
- Prolactin

Blood Sugar & Metabolism

- Glycated Hemoglobin (HbA1c)

Kidney Function & Waste Products

- Creatinine
- Uric Acid

Iron & Storage Levels

- Ferritin

Blood Test List for Women (medium budget)

Liver Function Tests

- AST
- ALT
- Gamma-GT
- Bilirubin

Lipid (Cholesterol) Profile

- Lipidogram

General Blood Health

- Complete Blood Count (CBC) with Leukocyte Formula
- Total Protein

Hormonal Panel

- TSH
- Free T3
- Free T4
- Anti-TPO (Thyroid Peroxidase Antibodies)
- Anti-TG (Thyroglobulin Antibodies)
- Prolactin
- Insulin

Blood Sugar & Metabolism

- Glucose
- Glycated Hemoglobin (HbA1c)

Vitamin & Nutrient Levels

- Vitamin D
- Vitamin B12
- Folic Acid

Kidney Function & Waste Products

- Creatinine
- Uric Acid

Iron & Cardiovascular Health

- Ferritin
- Homocysteine
- C-Reactive Protein (CRP)

Blood Test List for Women (high budget)

Liver Function Tests

- AST (Aspartate Aminotransferase)
- ALT (Alanine Aminotransferase)
- Gamma-GT (GGT)
- Bilirubin (Total and Fractions)
- Total Bilirubin
- Direct (Conjugated) Bilirubin
- Indirect (Unconjugated) Bilirubin

Lipid Profile

- Lipidogram (Full Cholesterol Panel)
 - Total Cholesterol
 - LDL (Low-Density Lipoprotein)
 - HDL (High-Density Lipoprotein)
 - Triglycerides

General Blood Health

- Complete Blood Count (CBC) with Leukocyte Formula
- Total Protein
- C-Reactive Protein (CRP)

Hormonal Panel

- TSH (Thyroid Stimulating Hormone)
- Free T3
- Free T4
- Anti-TPO (Thyroid Peroxidase Antibodies)
- Anti-TG (Thyroglobulin Antibodies)
- Prolactin
- Insulin
- Parathyroid Hormone (PTH)

Blood Sugar & Metabolism

- Glucose
- Glycated Hemoglobin (HbA1c)

Vitamin & Nutrient Levels

- Vitamin D
- Vitamin B12
- Folic Acid

Kidney Function & Waste Products

- Creatinine
- Uric Acid
- BUN

Iron & Cardiovascular Health

- Ferritin
- Homocysteine •C-Reactive Protein (CRP)

Blood Test List for Women with Irregular Menstrual Cycles

Conditions:

- Delay of more than 10 days
- Menstruation duration of less than 48 hours

Instructions:

- Blood tests should be taken strictly on **days 2–4 of the menstrual cycle**, following all pre-test guidelines.
- If the menstrual cycle is completely absent, the test can be done on any day, following the same pre-test guidelines.
- **This list is not required for women taking oral contraceptives or those who have reached menopause.**

Tests to be Taken:

- 1.Estradiol
2. Progesterone 17-OH
3. Total Testosterone
4. FSH (Follicle-Stimulating Hormone)
5. LH (Luteinizing Hormone)
6. SHBG (Sex Hormone-Binding Globulin)

7. DHEA-S (Dehydroepiandrosterone Sulfate)

8. Androstenedione

Additional Test:

•A **progesterone** test should be taken on **days 19–21 of the menstrual cycle** following all pre-test guidelines.