

## **!!!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.

## **LOW BUDGET BLOOD TESTS FOR MEN**

### Liver Function:

- AST (Aspartate Aminotransferase)
- ALT (Alanine Aminotransferase)
- Gamma-GT (Gamma-Glutamyl Transferase)

### Lipid Profile:

- Lipid Panel (Lipidogram)

### General Health:

- Complete Blood Count (without leukocyte formula)
  - Creatinine
  - Uric Acid
  - Glycated Hemoglobin (HbA1c)

### Thyroid Function:

- TSH (Thyroid Stimulating Hormone)

### Hormones:

- SHBG (Sex Hormone Binding Globulin)
  - Estradiol
  - Total Testosterone

- LH (Luteinizing Hormone)

Prostate Health: • Total PSA (Prostate-Specific Antigen)

*MEDIUM BUDGET BLOOD TESTS FOR MEN*

Liver Function:

•AST

•ALT

•Gamma-GT

•Total Bilirubin

Lipid Profile:

•Lipid Panel (Lipidogram)

General Health: •Complete Blood Count (with leukocyte formula)

•Creatinine

•Uric Acid

•Glycated Hemoglobin (HbA1c)

•Homocysteine

•Vitamin D

Thyroid Function:

•TSH

•Free T3

•Free T4

Hormones:

•Prolactin

•Estradiol

•Total Testosterone

•SHBG

•LH

- FSH (Follicle-Stimulating Hormone)

Prostate Health:

- Total PSA

### HIGH BUDGET BLOOD TESTS FOR MEN

Liver Function:

- AST

ALT

- Gamma-GT

- Bilirubin (by fractions)

Lipid Profile:

- Lipidogram

Thyroid Function:

- TSH

- Free T3

- Free T4

- Anti-TPO

- Anti-TG

Inflammation Markers:

- C-reactive protein (CRP)

Hormonal Profile:

- Prolactin

- Estradiol

- Progesterone

- Total Testosterone

- SHBG (Sex Hormone Binding Globulin)

- LH (Luteinizing Hormone)
- FSH (Follicle-Stimulating Hormone)
- DHEA-S
- Dihydrotestosterone
- Parathyroid hormone

#### Metabolism & Glucose Regulation:

- Glucose
  - Glycated Hemoglobin (HbA1c)
  - Insulin

#### Vitamin & Mineral Status:

- Vitamin D
  - Vitamin B12
  - Folic Acid (Folate)
  - Ferritin

#### Prostate Health:

- Total PSA

#### Kidney Function:

- Creatinine
  - Uric Acid
  - Urea

#### General Health:

- Complete Blood Count (with leukocyte formula)
  - Total Protein
  - Homocysteine