# Testing Day Preparation Instructions

## How to prepare:

1. Complete and submit your Health History Questionnaire two business days prior to your appointment.
   * We do not guarantee testing spots for late additions.
2. Please fast for 9-12 hours prior to your blood collection. Please **DO NOT** eat anything until after you have had your blood drawn.
   * Plan to eat breakfast AFTER you have had your blood collection.
3. Continue to take any medications as prescribed.
4. Drink plenty of water. Stay well-hydrated.
5. Please refrain from any strenuous exercise 24 hours prior to your appointment.
6. Please wear athletic clothing (shorts rather than pants, this makes the skinfold process much easier).

# What to expect on testing day:

## Your evaluation will include:

* + A resting 12-lead electrocardiogram (ECG)
  + Fasting blood lipid and blood glucose measurements via a finger prick
  + Height, weight, waist circumference, and skinfold measurements
  + Resting blood pressure
  + Review of family and personal health history

## The testing process should take approximately 20 minutes.