

# Screening preparation guide

Preparing for your screening helps ensure accurate results and a smooth experience. This guide walks you through a few simple steps so you can feel confident and ready on the day of your appointment.

## **Some screenings require fasting.**

If fasting is required, you may be asked to avoid food and certain drinks for **8–12 hours before your appointment.**

### **General guidance:**

- Drink water unless instructed otherwise
- Avoid coffee, tea, juice, or sugary drinks during the fasting window
- Avoid alcohol the day before your screening
- If you're unsure whether fasting applies to your screening, check your appointment confirmation

### **Clothing Tips:**

Wearing comfortable clothing helps make your screening quicker and easier.

### **Recommended:**

- Loose-fitting tops or short sleeves
- Comfortable pants or athletic wear
- Shoes that are easy to remove if needed

### **Avoid:**

- Tight sleeves
- Complicated layers
- Excess jewelry on arms or wrists



### **Medication Considerations**

Continue taking medications unless your healthcare provider has advised otherwise.

#### **Helpful reminders:**

- Bring a list of medications or supplements you currently take
- Inform the screening technician if you took medication shortly before the screening
- If fasting is required, ask your provider whether medication should still be taken with water

### **Personal Preparation**

#### **Simple lifestyle tips:**

- Get a good night's sleep before your screening
- Stay well hydrated unless fasting instructions say otherwise
- Arrive 10 minutes early to allow time for check-in
- Bring your confirmation details if applicable

### **What to expect?**

Most screenings take between 15–30 minutes, depending on the type of test. Our team will guide you through each step and answer any questions along the way.

### **Questions about your screening?**

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