

Exam Preparation: Do's and Don'ts

DO

- Get a good night's sleep
 - Ensures the best resting pulse and blood pressure
- Stay hydrated
 - Drink a glass of water 1 hour before the exam
 - Makes for an easier blood draw
- Document medications
 - Prescription and over-the-counter medications including vitamins, herbs and supplements
- Notify of any past blood draw issues

DON'T

- Consume salt and high-cholesterol foods (24 hours prior)
 - May affect exam results
- Participate in any strenuous exercise (12 hours prior)
 - Working out excessively may release protein into the urine and elevate liver function tests
- Drink alcoholic beverages (12 or more hours prior)
 - Alcohol may cause dehydration and liver function test elevation
- Use nicotine or caffeine (at least 1 hour prior)
 - Both are stimulants and may elevate heart rate
 - Black coffee is acceptable up to 1 hour before the exam