



Getting the best results from your lab tests

Fasting instructions:

- **Overnight fast.** Please fast for at least 12 hours. This means you should not eat or drink anything including coffee after 9 PM. Water is ok.
- Drink plenty of water to make the procedure easier.
- Complete lab test by 9 AM.
- Take all prescription medications as usual unless otherwise instructed.
- Do not smoke, chew gum, or exercise, as these activities may stimulate the digestive system and alter the test results.

Special instructions:

Biotin supplements specifically marketed for hair, skin, and nail growth contain up to 10-30mg of biotin.

- Your lab results may be affected and incorrect test results may be generated if you are taking a biotin supplement.
- TSH, FT3, and FT4 that we order routinely in our clinic can be affected by biotin supplements.
- Usually multivitamins have a biotin level of less than 500mcg and should not affect the lab test.
- **Accurate lab results can be obtained by discontinuing biotin supplements two days prior to the lab test.**

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