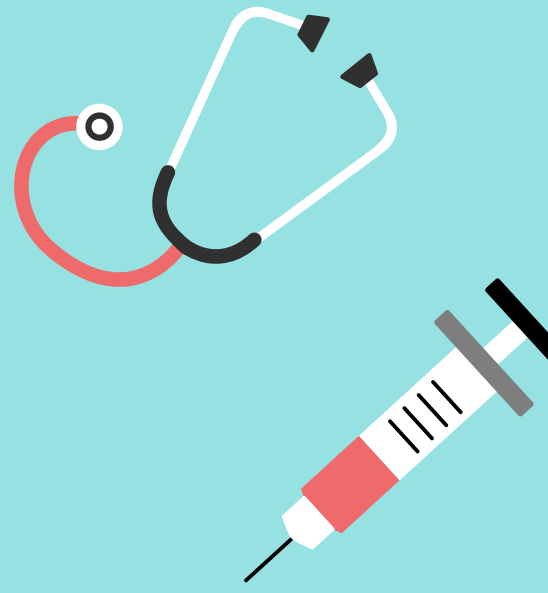
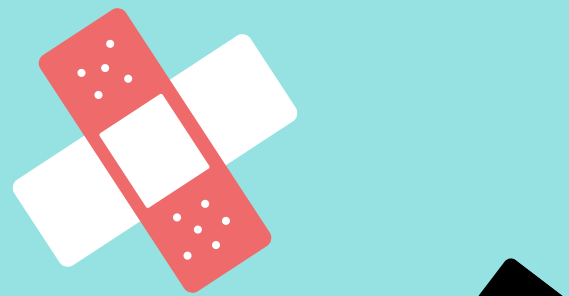


TIPS ON PREPARING FOR BLOOD WORK



Your provider just ordered blood work and you're gearing up to get it done. Here's are some tips for you to ensure a comfortable and smooth draw.



1 FAST SMARTLY

Fasting for a blood test entails avoiding all food and beverages (except for water) for 8 to 12 hours prior to the test. Drink lots of water and take your medications as usual. Come prepared with snacks or fruit. If you're fasting, head to the lab early in the morning and bring a healthy snack to eat following the test.



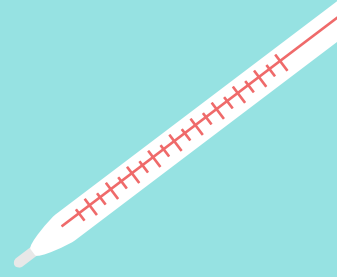
2 DRINK WATER

Drinking water will not only make you feel better if you're fasting, it will make the process of blood draw smoother. Blood is about 50 percent water, so the more water you drink, the plumper your veins become and the easier for the phlebotomist—the technician trained to draw your blood—to locate your veins and take blood.



3 MSP COVERAGE

Having an unusual test done and wondering whether your insurance will cover it? We recommend calling your insurance to find out. Some tests that are done at Novavita Laboratory are covered by MSP (medical service provider) depending on your treatment cycle.



4 HAVE A LAB ORDER

You'll need a lab order from your provider in order to have your blood drawn. If you're not sure whether you have an order on-file, just give us your care card and we'll take a look for you.



5 SHY VEINS

Our phlebotomists are all skilled at drawing blood from a variety of patients. Some veins are trickier to locate than others. To coax out a shy vein, the phlebotomist might tighten the tourniquet, spend additional time palpating your veins, or place a warm pad against your skin. Taking the time to locate the best vein is time well spent so please be patient. A phlebotomist's goal is to draw your blood as easily and painlessly as possible with one try.



6 BRUISING

After the blood draw is completed, your phlebotomist will remove the needle, hold a cotton against the puncture site, and ask you to apply pressure. Applying pressure directly following a blood draw mitigates the common side effect of bruising. Minor bruising and swelling can occur around the puncture site. Since every person's veins are different, bruising can occur even with the most experienced phlebotomists. If you do bruise, don't worry, it should go away within a few days.

