

CYCLE SISTERS

BLOODWORK MANUAL



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HOW TO PREPARE FOR YOUR BLOODWORK?

Please complete the following steps 48 hours prior to blood being drawn.

It is extremely important that you follow this protocol as blood markers are heavily impacted by:

- exercise
- dehydration
- over-fasting
- stimulants

As they might give us a false positive reading of bloodwork, which will give an inaccurate representation of what is happening with your overall health.

1. **No exercise** for 48 hours prior to bloodwork.
2. **Keep hydrated** in the lead up to bloodwork and drink 700mls of water on the morning of blood work being drawn.
3. **No Stimulants** (coffee or pre workout on the morning of blood work).
4. **Fast no longer than 10-12 hours.** Fasting overnight and getting bloodwork done first thing in the morning is optimal.

QUICK LINKS FOR YOUR PRIVATE BLOODWORKS

Metabolic Panel with Vitamin D

<https://www.i-screen.com.au/tests/metabolic-balance-panel-vitamind>

PCOS

<https://www.i-screen.com.au/tests/metabolic-balance-panel-vitamind>

<https://www.i-screen.com.au/tests/pcos-test>

CYCLE SISTERS

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To the Medical Professional concerned,

I would like my client to undergo a routine blood chemistry panel.

My client is looking to undergo my services to improve their health and body composition and optimise their health. The results of these tests will allow me to tailor nutrition, lifestyle and training, and will allow for an overall level of greater health.

I would appreciate your help to facilitate the following tests;

- FBC with differentials
- LFT and LDH
- Electrolytes and calcium
- Renal Function
- TSH, Free. T3, Free T4
- CRP/ESR
- Homocysteine
- Fasting Glucose and Fasting Insulin
- HBA1C
- Lipid profile
- Iron Studies
- OH Vitamin D3
- Folate and Total B12
- SHBG, Testosterone & Free Testosterone

Yours truly,

A handwritten signature in dark red ink that reads 'Faye Sheridan'. The signature is fluid and cursive, with the first name 'Faye' and last name 'Sheridan' clearly legible.

Faye Sheridan

Women's Integrative Health
Practitioner