



Public Safety Health and Wellness, LLC

Specializing in the Health Care of Fire, EMS, and Police Personnel

Department Blood Draw Process

The following guidelines should be followed to help obtain accurate results of your blood work:

- Fast (nothing to eat or drink, **except water**), 8 - 10 hours prior to your blood draw
- Remember gum and other mints, including sugarless, can affect your blood results
- Please continue to drink water during your fasting period. Hydration helps the phlebotomist with your blood draw

Patient Preparation for Exercise Testing

The following guidelines should be used to make your exercise stress test a safe and a comfortable experience:

1. Limit any meals less than 4-hours before the test. You may drink clear liquids in small amounts.
2. No caffeine or smoking within 4-hours of the test.
3. Wear loose comfortable clothing for exercise, preferably shorts and athletic shoes. Women should wear a sports bra if possible, most of the time regular bras cannot be worn.
4. Please do not take any Beta Blocker* or Calcium Channel Blocker** blood pressure medications the day of the test.

We want you to know that although exercise testing stresses the heart, it is a relatively safe procedure. With our modern medical monitoring, clinical experience and trained personnel we are able to keep the risks to a minimum (less than 1 complication per 10,000 exercise tests). If you have any questions or comments, feel free to ask questions before the test starts.

Exercise Stress Testing is not perfect but a recognized non-invasive test that can help stratify exercise tolerance and cardiac disease. Every effort has been taken to prevent any problems during testing.

Examples of: (this is not a complete list)

*Beta Blockers

Atenolol (Tenormin)
Betaxolol (Kerlone)
Bisoprolol (Zebeta)
Carvedilol (Coreg)
Esmolol (Brevibloc)
Labetalol (Normodyne)
Metoprolol (Lopressor)
Nadolol (Corgard)
Pindolol (Visken)
Propranolol (Inderal)
Sotalol (Betapace)
Timolol (Blocadren)

**Calcium Channel Blockers

Amlodipine (Norvasc)
Bepridil (Vascor)
Diltiazem (Cardizem)
Felodipine (Plendil)
Isradipine (Dynacirc)
Nicardipine (Cardene)
Nifedipine (Procardia)
Nisoldipine (Sular)
Verapamil (Isoptin)

Any questions or comments please feel free to call us at (937) 743-9474. Thank you in advance, we appreciate your cooperation.

The Staff at Public Safety Health and Wellness