



## Patient Preparation Instructions – General Information

For fasting instructions, please refer to the document Patient Preparation Instructions – Fasting Information via the link below

<b>Cortisol</b>	<p>Cortisol values can change with the amount of time you have been awake (diurnal variation)</p> <ul style="list-style-type: none"><li>• You may be required to rest for 30 minutes after arrival at the lab to ensure your values are not falsely increased by stress</li><li>• For morning (AM) cortisol levels, please arrive within 3h of awakening and prior to 10 am</li><li>• When morning (AM) and afternoon (PM) cortisol tests are requested, they should be performed on the same day</li><li>• If you work shift work, please notify the person collecting your sample</li></ul>
<b>Testosterone</b>	<p>Testosterone values can change with the amount of time you have been awake (diurnal variation)</p> <ul style="list-style-type: none"><li>• Sample collection prior to 10 am preferred</li><li>• If you work shift work, please notify the person collecting your sample</li></ul>
<b>Therapeutic (Medication) Blood Levels</b>	<p>For most medications where blood levels need to be monitored, blood samples are optimally collected just prior to the next dose of medication. You will also be asked when your last dose of medication was.</p> <p>Exceptions for testing:</p> <ul style="list-style-type: none"><li>• Digoxin should be collected no earlier than 8 hours after the last dose of medication</li><li>• Lithium should be collected no earlier than 12 hours after the last dose of medication</li></ul>

**If you have any questions please call the Island Health Laboratory Call Center @ 250-370-8355 or Toll Free at 1-866-370-8355**