

Instructions and Directions for Live and Dry Blood Analysis

Diane Drouin-Poulin, M.Sc.
Certified Microscopist

1. Make sure you drink lots of water before your blood analysis. Hydration is important and allows for an accurate reading.
2. Do not eat protein for a minimum of 3 hours prior to your appointment.
3. You can eat fruits and vegetables.
4. You are welcome to bring a snack with you. You will be able to eat once the blood sample has been taken.
5. Please allow a minimum of 24 hours to cancel and reschedule your appointment.
 - Please call the office at 519-578-7489 or e-mail bewell@belmontnaturalhealth.com