Fasting for a Blood Test

Your health care provider wants you to have a blood draw. During this lab test, blood is drawn from your arm and tested to measure parts of your blood. Before you have your test you will need to fast (go without any food or drink). Please follow these instructions so your test results will be correct.

Before Your Blood Test

- Do not eat or drink anything for 8 hours before your test.
  — If you are having a lipid test, do not drink alcohol 48 hours before the test.
- **You may drink normal amounts of water before your test.** Do not drink any other liquids. This includes coffee, decaffeinated coffee, tea or juice.
- On the day of your test, do not smoke, chew gum or exercise before your test.
- Take your medicines as directed, unless your health care provider has given you other instructions.

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Your Appointment

Lab: _____

Date: _____

Time: _____ a.m. / p.m.

If you have any questions, please call:

_____

lab-ahl-15008 (10/11)