

## Patient Instructions - Fasting

**Your physician has ordered a test that will require you to fast prior to the collection of the test.**

- Eat normal, balanced meals, 3 days prior to the test.
- Fast 12 hours but no longer than 14 hours prior to the beginning of the test.
- Drink plenty of water. This helps at the time of the blood draw.
- DO NOT drink unsweetened tea, coffee or any other beverage during the fast or the procedure.
- The normal ranges for the test are based on a true fasting state.
- DO NOT smoke, or chew tobacco, or gum (including sugarless) during the fast or during the procedure.
- If you are having a Glucose Tolerance Test you should not exercise 12 hours prior to the testing.

**No appointment is necessary at our Patient Service Centers**

Effective Date: 6/2007  
Revised Date: