

## **PATIENT INSTRUCTIONS FOR FASTING CHEMISTRY**

The test(s) requested by your health care provider require you to be fasting for 12 hours prior to reporting to the laboratory. Please read the following instructions carefully. If you have any questions, please contact the laboratory at 239-7648 between 0730 and 1600.

1. Prior to the morning of the laboratory test, do not eat or drink anything (EXCEPT FOR WATER) for 12 hours before arriving at the laboratory for the blood draw.
2. Fast for 12 hours the evening before the blood sample is obtained. Do not fast any less than the prescribed time or the test results will be invalid.
3. During the fasting period, you may drink only water. You may also take any prescription medications. This fasting includes, but is not limited to, NO TOBACCO USE (SMOKING OR CHEWING), NO CHEWING GUM, NO BREATH MINTS, AND NO COFFEE OR TEA.
4. Report to the IACH laboratory between 0730 and 1700 or the FHC/CHHC laboratory between 0730 and 1800 Monday through Friday.
5. If you have any questions, please call the laboratory at (785) 239-7648.

It is important that you adhere to these instructions. They are vital in the analysis of your blood and also with presenting an accurate report of your condition to the health care provider.

