

Instructions for Fasting Labwork

Your healthcare provider has requested that you have some labwork (bloodwork) performed that requires you to go without food for 9-12 hours in order to obtain valid results.

Here are some helpful tips to make sure the most accurate results are provided.

1. Do not eat or drink anything after midnight. The only exception is that you may have water (plain, non-flavored water).
2. If you take medicine in the morning, do not take this medicine before getting your blood drawn. You may want to bring it with you to Promedica so you don't forget to take it.
3. Try to come in as close as you can to your scheduled time to get your blood drawn. Your healthcare provider will know and schedule you for the most optimal time for you to get your blood drawn.
4. The morning of your blood draw, **please drink 1-2 big glasses of plain water (no flavors, no sweeteners, no caffeine)**. This is key in making sure you are not dehydrated. When you are dehydrated it is more difficult to take a blood sample.

