

PRE-FASTING LAB INSTRUCTIONS

If you are asked to fast for your test:

- Do not eat or drink anything (except water) for 8 hours before your lab draw.
- If you are getting your cholesterol levels checked, please fast for at least 12 hours.
- You may drink water, but no juice, tea, or coffee. —Do not smoke, chew gum, or exercise. These activities may stimulate the digestive system and alter test results.
- After your lab draw, you will be able to resume your normal diet.

Other questions:

- *May I drink water?* Yes, you can drink water, but not other kinds of drinks.
- *Should I continue to take my medications?* Yes, unless your doctor tells you not to.
- *May I drink juice?* No, just water.
- *May I drink coffee?* No, not even black without sugar, and the same goes for tea. You can drink water.
- *May I chew gum?* No, not even sugarless. Gum stimulates your digestive system and can alter test results.
- *May I smoke?* No, smoking can affect test results.
- *May I do my exercise routine?* No, exercise can also affect test results.