

## Fasting Blood Collection

### Patient Preparation:

Patients who have been scheduled for a fasting blood testing should enter the fasting state prior to specimen collection.

Do not eat or drink anything (except for water) for 8-12 hours prior to specimen collection.

Take any medicine prescribed unless you have been advised to stop by your health care provider.

No coffee, soda pop or alcohol during the fasting period.

1. Start your fasting after your evening meal.
2. Come to your appointment the next morning, before eating or drinking anything, except for small amounts of water.

*Your Doctor will advise you of any medication adjustment needed for your fasting appointment.*

Note: If you forget to fast, you will need to reschedule your appointment for another time.

Community University Health Care Center  
Laboratory Patient Instructions  
CUHCC Laboratory (612) 638-0700