



## **Patient Information**

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### **Fasting Specimens**

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

If your physician orders a fasting blood test, you could be asked to fast for 8-14 hours prior to the blood draw.

#### **How do I prepare for a fasting blood test?**

Fasting means that you should not have anything to eat or drink, (except a little water and any medicine that has been ordered for you). Although, your doctor may instruct you not to take your medicine.

Fasting includes not chewing gum, even sugarless variety. Smoking and exercise may also affect your test.

For additional information call (317) 736-3500