



HOLD IT!

No eating 12 hours
before your blood
draw, please!

- Brush your teeth the morning of your appt with WATER ONLY
- No coffee, tea, soda, WATER ONLY
- No gum, mints, mouth-spray, WATER ONLY
- If you are Diabetic or have another medical condition that makes fasting difficult please do not fast, we will take your condition into account with your testing. Also, if you are scheduled for a late afternoon consult, you can wait until the next morning to get your blood test. We don't want you to go 14 hours or more without eating.
- Drink Water- 1 Quart (1 Liter) water for every 50 lbs of body weight.