

FOR PATIENTS WHO REQUIRE FASTING BEFORE LABORATORY SPECIMENS MAY BE DRAWN:

INSTRUCTIONS TO THE PATIENT*

24 hours before the lab test is to be drawn:

- Abstain from alcohol

On the night before your appointment:

- This meal should not include whole milk, creams, oils, gravy, fat meats or fried foods.
- You may drink as much fluid as you wish with your evening meal.
- **After your evening meal, eat no food** until your examination is completed the next morning.
- Continue to take your medication as usual.
- You may drink an unlimited quantity of water until the time of your test.
- If you are scheduled for other tests or examinations, you may be instructed to further limit your consumption of fluid and food. **Follow the most strict limits** for fluids and food for any of your tests and examinations.

* Diabetics who take insulin should report to a nurse for special meal instructions.