



PATIENT INFORMATION

FASTING SPECIMENS

PURPOSE OF TEST

Your doctor has ordered a test(s), which requires you to be fasting prior to collection. Blood composition is significantly altered after meals and consequently is not suitable for many clinical chemistry tests. Improper preparation for this test may cause the wrong answer to be given to the physician, resulting in the wrong treatment to be given.

COLLECTION OF SPECIMEN

1. You should abstain from all food for a minimum of 10 – 12 hours (14 hours for triglyceride analysis). You may drink water during this time.
2. Check with your physician to determine if you should continue to take your usual medication(s) during this time.
3. As soon as the laboratory has collected the required specimen, you may resume normal eating.

IF YOU HAVE ANY QUESTIONS ABOUT THESE INSTRUCTIONS, PLEASE CALL THE LABORATORY. CLIENT SERVICE DEPARTMENT (219) 989-3700 OR (800) 937-5521.