

Your physician has ordered a blood test that requires fasting. Following these instructions will help ensure you receive the correct results. If more than one test is ordered, the longer fasting interval must be used.

Fasting Glucose, Glucose Gestational Tolerance 2 h, Glucose Tolerance Non-Pregnant 2 h:

- Please do NOT eat, chew or drink (other than small amounts of water) for a minimum of 8 hours prior to your blood collection.
- If you have any questions regarding your medication, please consult your physician.

Cholesterol, Triglycerides or Lipid Profile

- **If your physician has requested a fasting result**, please do NOT eat or chew (including gum or candy) or drink (other than small amounts of water) for a minimum of 12 hours and a maximum of 16 hours prior to your blood collection.
- **If your physician has requested a fasting result**, and you are **diabetic**, please do NOT eat or chew (including gum or candy) or drink (other than small amounts of water) for 8 hours prior to your blood collection.
- Prescription medications and smoking are permitted.
- No alcohol should be consumed for 24 hours prior to collection.

Iron / TIBC / % Saturation:

- **If your physician has requested a fasting result**, do NOT eat or chew (including gum or candy) or drink (other than small amounts of water) for a minimum of 8 hours.
- Prescription medications and smoking are permitted.

Printed copies are UNCONTROLLED unless signed by an authorized lab personnel below.

(Authorized individuals are: lab personnel designated in their zone/program/provincial produce print copies)

Initials:

Site:

Date Printed:

Page 1 of 1