

PATIENT INSTRUCTIONS

PLEASE PRESENT YOUR CARE CARD WITH THIS FORM.

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| GLUCOSE FASTING | Nothing to eat (including gum and candy) or drink (water is allowed) for 10 hours prior to blood collection. |
| CHOLESTEROL/ TRIGLYCERIDE/HDL | Nothing to eat (including gum and candy) or drink (water is allowed) for 12–14 hours prior to blood collection. Note: No smoking is recommended for 10 hours prior to blood collection. |
| G.T.T. - 75g DRINK (PREGNANT) | Test ordered as a follow-up to a positive 50g screen. The patient should follow a normal diet prior to testing being performed. Nothing to eat (including gum and candy) and nothing to drink (water is allowed) for 10 hours prior to blood collection. The patient is required to remain in the lab for the duration of the test. |
| 2 HOUR PC REGULAR MEAL GLUCOSE | Blood is collected exactly two hours after a normal meal is finished. The patient cannot eat or drink (except water) between the meal and the collection of the blood sample. |
| 2 HOUR PC 75g DRINK GLUCOSE | Nothing to eat (including gum and candy) or drink (water is allowed) for 10 hours prior to blood collection. Patient is given a 75g glucose drink. The blood is collected exactly two hours later. The patient cannot eat or drink (except for water) between the glucose drink and the blood collection. The patient is required to remain in the lab for the duration of the test. |
| 1 HOUR 50g DRINK (PREGNANCY SCREEN) | Blood is collected exactly one hour after glucose drink is consumed. The patient is required to remain in the lab for the duration of the test. |
| PREGNANCY TESTING (URINE) | First morning specimen is preferred. Please refrigerate specimen. Deliver to the laboratory as soon as possible. |
| PHENYTOIN THEOPHYLLINE | Consult with your doctor to determine at what time blood should be collected. |
| DIGOXIN LITHIUM | Blood should be collected at least 6 hours after last dose of medication. Blood should be collected just prior to taking regular dose of medication. |
| STOOL FOR C & S, O & P AND OCCULT BLOOD | Collection containers and instructions can be obtained from the lab. Note: After a barium X-ray, please wait at least one week before collection. |
| 24 HOUR URINE | Collection containers and instructions can be obtained from the lab. |