

PATIENT INSTRUCTIONS

Rev. 2019 Apr 16

PLEASE PRESENT YOUR CARE CARD WITH THIS FORM

FASTING INSTRUCTIONS

- Nothing to eat for a minimum of:
 - 8 hours (fasting glucose, 75 gram GTT).
 - 10 hours if fasting lipids.
- Do not drink juice, tea, or coffee, chew gum or smoke during the fasting period.
- You may drink water.
- You may take your medication unless your doctor tells you not to.
- For GTT's (pregnant and non-pregnant) please eat your normal diet prior to fasting, unless your doctor has told you otherwise. You are required to remain in the lab for the duration of the test (2 hours).

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. No fasting is necessary.

PREGNANCY TESTING (URINE)

First morning specimen is preferred. Please refrigerate specimen. Deliver to the laboratory as soon as possible.

THERAPEUTIC DRUG LEVELS

Most require a trough level (1/2 to 1 hour before next dose) or at least 6 hours after the last dose, however please consult with your physician to determine what time blood should be collected.

STOOL OCCULT BLOOD (FIT)

Collection containers and instructions can be obtained from the lab.

24 HOUR URINE

Collection containers and instructions can be obtained from the lab.

MICROBIOLOGY TESTING

See www.valleymedicallaboratories.com for instructions

