



Fasting Blood Draw Patient Instructions

1. DO NOT eat or drink anything for 8-12 hours before the blood draw except water. After the blood draw is complete, you may resume your normal diet.
2. DO NOT drink alcohol 24 hours before the blood draw.
3. DO NOT smoke or chew gum (even sugarless).
4. DO drink plenty of water before the blood draw unless advised otherwise by your provider.
5. DO take all your medications at their regularly scheduled time unless advised otherwise by your provider.
6. You may brush your teeth.