

# Patient Instructions for Blood Samples Requiring Special Instructions

The following instructions are intended to help you collect the correct specimen for the test your doctor has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection

## Notes:

You may be required to fast before having a blood test. This is because certain test values change following the digestion of food. The measurement of blood sugar (glucose) and some blood lipids (fats, triglycerides cholesterol) are common examples.

If you are asked to fast for your test:

- Do not eat or drink anything except water for 12 hours before you go to the laboratory to have your blood taken. This usually means from 8 pm the previous evening. You may drink water but no juice, tea or coffee.
- Do not smoke, chew gum or exercise. These activities may stimulate the digestive system and alter the test results

You may take your medication unless your doctor tells you not to.

If you are asked to have a therapeutic drug level done for example a Digoxin level:

- Do not take your medication before arriving for the blood test
- You will be asked for the time you took your last dose of medication
- You may be asked when your next dose is due to be taken

It is strongly suggested that you ask your physician at the time of your visit, if there are any special instructions.