

Laboratory Fasting Instructions

If you have been asked to fast for your labs, please do not eat anything during the 12 hours prior to having your blood drawn. Please continue to take any medications, unless advised otherwise by your provider.

It is also required that all fasting patients avoid all beverages, especially caffeinated beverages, with the exception of plain water—during the 12 hours prior to having their blood drawn. **We strongly encourage all fasting patients to drink plenty of water during the 12 hours prior to having blood drawn**, as this can ease the blood drawing process.

If you have any questions, please feel free to contact the lab at (307) 634-1311 ext. 240.