

Fasting Instructions



12 Hour Fast (Cholesterol)

- Nothing to eat for designated time frame checked above
- Drink Plenty of Water
- Take medications as usual with water **unless you are diabetic.** Patients with diabetes that need to fast and will not be eating **should not take their diabetic medications prior to having blood drawn.**
- You can have beverages that contain NO CALORIES
- Black Coffee is OK
- We suggest bringing a small snack to eat after having your blood drawn.