



Patient Instructions for Fasting Glucose and Lipids (Cholesterol, HDL, Triglycerides, LDL)

Things to know before the test

- **PLEASE Make a LAB appointment** for your Fasting Lab Tests with a Clinic receptionist.
 - **FOR** accurate results, it is very important that you follow these instructions exactly.
 - **YOU MUST BE FASTING** for this test. **DO NOT** eat or drink anything except **WATER** for at least 8 hours before the test.
 - You may drink plain water **ONLY**. Do **NOT** drink coffee, tea, soda (regular or diet) or any other beverages. Do **NOT** smoke, chew gum (regular or sugar-free) or exercise.
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On the Day of the Fasting Glucose and Lipids Test

- **A FASTING** Blood sample will be collected and tested for Glucose and/or Lipids
 - **AFTER** the test is complete, you may eat and drink as normal.
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Questions?

- **PLEASE CALL** Madison Women's Health at 608-729-6300
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