

**OCHSNER CLINIC FOUNDATION  
DEPARTMENT OF PATHOLOGY & LABORATORY MEDICINE**

**INSTRUCTION FOR FASTING LAB TEST**

**Patient Instructions:**

1. Do not eat or drink anything for TEN HOURS (10) PRIOR TO TEST. Do not chew gum or eat candy mints, even those claiming to be sugar free. Water is allowed but do not drink any other fluids.
2. Take your regular daily medicines as your doctor has ordered. If you are diabetic see NOTE below.

NOTE: Do not take your insulin or other diabetic medication until your blood is drawn and you are ready to eat. Your physician may have special instructions for diabetics. Check with your doctor if you have any questions.

3. Alcoholic beverages are not allowed starting at 6:00pm the evening before your appointment.