



INSTRUCTIONS FOR FASTING LAB TESTS

FASTING GLUCOSE

- DO NOT EAT OR DRINK ANYTHING (EXCEPT WATER) FOR 8 HOURS BEFORE YOUR LAB TESTS. DO NOT CHEW GUM OR CANDY.
- FOLLOW REGULAR DIET FOR ATLEAST THREE DAYS BEFORE THE TEST UNLESS YOUR DOCTOR HAS GIVEN YOU OTHER INSTRUCTIONS.

LIPIDS (CHOLESTEROL, TRIGLYCERIDES, HDL)

- DO NOT EAT OR DRINK ANYTHING (EXCEPT WATER) FOR 14 HOURS BEFORE YOUR BLOOD TEST. ***DIABETICS FAST FOR ONLY 8 HOURS BEFORE TEST***
- DO NOT DRINK ALCOHOL FOR AT LEAST 72 HOURS BEFORE BLOOD IS DRAWN.
- NO VIGOROUS EXERCISES FOR 24 HOURS PRIOR TO TESTING.
- EAT A LOW FAT SUPPER THE NIGHT BEFORE.

AM AND PM CORTISOLS (NON FASTING TEST)

- PATIENTS MUST BE AT LAB FOR 8 AM AND RETURN AT 3:30 PM FOR ADDITIONAL TEST.

YOU MUST HAVE YOUR MANITOBA HEALTH CARD WHEN HAVING TESTS DONE