



### **Why am I being asked to fast?**

When a physician is reviewing your laboratory results, they need to know if you have had any food prior to the collection of your sample. Consuming food prior to a blood draw can affect results of some tests. When we ask you this question, we place this information on the report that is sent to your physician.

### **How long must I fast in order to have blood work done?**

At least 8-12 hours. Stop eating after your evening meal.

### **May I drink before having blood work?**

You should **NOT** drink any soft drinks, juice, milk or alcohol 8-12 hours prior to a blood collection. You may drink as much water as you would like. The more water you drink, the more hydrated you are and this helps in the collection of blood or urine samples.

### **May I drink coffee or tea before having blood work?**

You may have black coffee or tea **ONLY**. No cream or sugar.

### **Why have I been asked to return for testing if I have not been fasting?**

We want to provide your physician the most accurate results and this requires you to fast before collecting your specimen. At least one of the tests your physician has requested requires a patient to have had no food for at least 8-12 hours prior to a blood collection.

### ***Why am I being directed to the laboratory draw site at the main hospital instead of a location closer to my home?***

You will be asked this if your physician has requested a test that requires special handling in order to preserve the integrity of the specimen and provide the most accurate result. For this reason, collection of the specimen at the main hospital laboratory will ensure the specimen will be processed immediately to preserve the required integrity of that specific test.

*Beebe Healthcare Laboratory offers a comprehensive range of clinical laboratory and pathology services. With more than 100 dedicated team members processing over 1.2 million tests annually, we are committed to providing accurate and reliable results along with the highest level of customer service for the providers and patients we serve.*

**For more information call Beebe Laboratory Client Services at 302-645-3241 or go to [beebehealthcare.org/services/lab](http://beebehealthcare.org/services/lab)**