

PATIENT INSTRUCTIONS

Several tests require the patient to fast prior to the test. Fasting means nothing to eat or drink (including gum and candy) for at least 8 to 12 hours. Water permitted in small quantities. No smoking.

Fasting Required	Cholesterol / Triglyceride / HDL LDL / Lipid Panel / Iron / TIBC / Homocysteine	Fasting 10 to 12 hours prior to the test.
	Glucose Fasting	Fasting 8 to 10 hours prior to the test.
	Glucose Tolerance Tests	Eat regular meals (adequate carbohydrate intake) for 3 days prior to the test. Do not eat or drink (including gum and candy), except water, for 8 hours prior to the test. No smoking in the morning prior to and during the test. Patient is required to remain at the Lab for the duration of the test.
Gestational Diabetes Screen (Glucose 1 hr, 50 g Drink)		Fasting NOT required. Blood is collected 1 hour after glucose drink is given to the patient. Patient is required to remain in the Lab for the duration of the test.
Therapeutic Drug Assays		Blood should be taken prior to next dose of medication.
Helicobacter Pylori Breath Test***		Do not eat or drink for 4 hours prior to test. Contact laboratory for a list of medications that interfere with testing.
24 Hour Urine		Instructions and containers are provided by the Laboratory.
Stool C&S, C.difficile, O&P, Occult Blood		
Urine Culture (C&S)		
Sputum Culture		
Semen Analysis***		
Further Testing Information		Check with your physician or Laboratory or see the website below.

*** Contact laboratory to see if testing available onsite.

For detailed patient instructions and laboratory services go to:

www.northernhealth.ca

- click on Our Services
- click on Departments
- click on Laboratory Services
- click on For Patients