

## INSTRUCTIONS FOR FASTING BLOOD WORK

1. Nothing to eat or drink, except water, for 12 hours prior to the appointment. No alcohol for 72 hours prior to the appointment. Take daily oral meds except those for diabetes.
2. Please report to the clinic on:  
Date: \_\_\_\_\_ Time: \_\_\_\_\_
3. If you have any questions, please call the clinic where you have your appointment.

<b>Fridley Medical Center</b>	763.785.4500
<b>Blaine Medical Center</b>	763.785.4200
<b>Roseville Medical Center</b>	763.785.4300

*Thank you.*

**PERSONS WITH INSULIN DEPENDENT DIABETES,  
PLEASE NOTE:** Do **NOT** take your insulin until after the lab appointment.