



What To Know Before Your Lab Visit

What should I bring?

- A Test Order (requisition or prescription) completed by your healthcare provider. If your provider did not give you paperwork, then it may have already been sent to us. Please call your provider's office if you have any questions.
- Your insurance card(s). Most insurances accepted.
- A government-issued Photo ID (Example: Driver's License, State ID, Passport, or Military ID)

What should I prepare for?

- Drink water as you usually do the night before.
- Wear sleeves that roll up easily.
- Fasting may be required for lipids (cholesterol, triglycerides, HDL) and glucose tests. Fasting means don't eat any food or drink anything other than water before your blood collection.
- Fasting is generally 8-12 hours.
- For tests that do not require fasting, there typically are no dietary restrictions unless otherwise specified by your provider. If unsure, contact your provider's office.
- Continue taking all medication as prescribed, unless your provider tells you otherwise.
- Glucose tolerance tests require appointments scheduled in advance and may take up to 4 hours. Allow adequate time for your visit.
- Follow any other instructions your physician has given you.

Visit us online at www.clinicallabs.com or call 808.677.7999 for more information.