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12-HOUR FASTING INSTRUCTIONS

Please refrain from eating or drinking for at least 12 hours prior to your scheduled blood collection appointment. You may drink water, black coffee or tea without milk or sugar. Your being well-hydrated makes blood collecting easier. Please continue to drink plain non-carbonated water, black coffee or tea. **You should continue to take your usual medications.** After checking in with the secretary, and filling out the eight items on the top of the progress note, please return the form to the secretary. You will then have your blood collected by Suzette, the Medical Assistant.