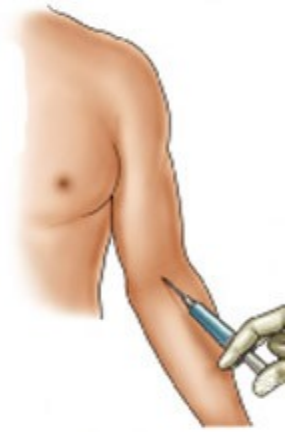
Fasting Blood Instructions

You are going to have your blood drawn. Fasting means you cannot eat or drink anything but water before your blood is drawn.



1. Do not eat or drink anything (except water) after midnight.

2. Do not take your medicine before your blood is drawn. Get approval from your doctor to take medicine the morning of the test

3. If you needed to withhold your medicine bring them with you. You can take it after your blood is drawn. Get approval from your doctor.

4. Bring something to eat with you. You may eat after your blood is drawn.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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