

Instructions for Laboratory Test Readiness

Dear Patient,

Thank you for scheduling your laboratory test. To ensure accurate results, please follow the detailed instructions below:

1. Fasting Requirements

If your test requires fasting, please refrain from eating or drinking (except water) for at least 8-12 hours prior to your appointment.

2. Medication Guidelines

Please consult your healthcare provider regarding any medications you should hold before the test. Some medications may affect test results.

3. Clothing and Preparation

Wear comfortable clothing that allows easy access to your arms, as blood samples may be taken. Avoid applying lotions or creams on the day of the test.

4. Arrival Time

Arrive at the laboratory 15 minutes prior to your scheduled appointment. This will allow time for check-in and any necessary paperwork.

5. What to Bring

Bring a valid photo ID, your health insurance card, and any referral documents provided by your doctor.

6. Special Instructions

If you are undergoing a specific test (e.g., glucose tolerance test), additional instructions will be provided separately. Please follow those instructions carefully.

If you have any questions or concerns, feel free to contact our office at [Office Phone Number].

Thank you for your cooperation.

Sincerely,
[Your Name]
[Your Title]
[Laboratory Name]