

Preparation for Your Upcoming Laboratory Tests

Dear [Patient's Name],

As you prepare for your upcoming laboratory tests, please follow these essential steps to ensure accurate results:

1. **Fasting Requirements:** If instructed, please fast for at least 8-12 hours before your test.
2. **Medication Instructions:** Consult your doctor regarding any medications you should take or avoid prior to the test.
3. **Hydration:** Drink plenty of water unless directed otherwise. Staying hydrated helps with certain tests.
4. **Dietary Restrictions:** Follow any specific dietary instructions provided for your test.
5. **Clothing:** Wear loose, comfortable clothing to facilitate the collection of samples.
6. **Arrival Time:** Arrive at the laboratory at least 15 minutes early to complete any necessary paperwork.
7. **Bring Necessary Items:** Remember to bring your identification and insurance card, if applicable.

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

Thank you for your attention to these important steps.

Sincerely,

[Your Name]

[Your Title]

[Your Institution]