

FASTING GUIDELINES:

The following appointment types should always be told to come in fasting for their appointment if they schedule for the morning:

1. Complete Physical or Well-Woman Exam
2. Diabetic follow-up***(**see note**)
3. High Blood Pressure (Hypertension) follow-up (**see note**)
4. High Cholesterol (Hyperlipidemia) follow-up
5. Thyroid follow-up

Make sure to tell the patient the following:

The patient must be fasting past **MIDNIGHT**, truly nothing at all to eat and/or drink. The patient should have **A GLASS** of water before they come to their appointment. Should they need to take any prescription medication, instruct the patient to take their medicine at the scheduled time, but **ONLY WITH WATER.**

*****NOTE:** If the patient is **DIABETIC** and must take some of their medications with food, those medications should **NOT** be taken until after the appointment.

*****NOTE:** Patients should **NOT** hold medication for Blood Pressure

If the above patients choose to schedule in the afternoon or evening due to other commitments, do **NOT** tell them to come in fasting. We will see them for their appointment, and will either draw “non-fasting” bloodwork OR give them an Order if necessary to come in for a fasting blood draw at another time.