

# Blood Work Tips

1. **Fast.** If you are having your blood drawn in the morning. Do not have anything after midnight the night before. You can drink **BLACK coffee and water the morning of your appointment.** Do not chew gum or candy, even if it is sugarless the morning of your appointment.
2. No alcohol 24 hrs before, not mandatory, but can cause you to be more dehydrated. Dehydration will make it more difficult to get your blood drawn.
3. **Drink water the morning of your appointment to help hydrate your veins to help ensure a better blood draw.**
4. The evening before avoid foods like butter, margarine, creams, gravies, salad dressings, whole milk or other fatty foods and stay away from anything fried and/or fatty meats. Diabetic patients should continue their regular diets but still avoid fatty foods.
5. Take your medications as normal the morning of your blood draw. You may want to check with your doctor if you normally eat with your medication. Please consult your physician and use your best judgement.

