



# Test Restrictions

We recommend that you fast 8 hours if your doctor has ordered:

- (a) Glucose
- (b) Folate
- (c) Vitamin B-12.

We recommend fasting 12-14 hours if your doctor orders lipids (cholesterol, HDL, LDL).

Please ask your doctor if he/she wants your fast to be:

- Nothing to eat or drink
- Restrict eating of certain foods
- Taking of medicines—If so, which ones?
- Includes/excludes gum and/or smoking



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