

Sunset Medical Practice

Preparation Guidelines for fasting lipids



**NO FOOD OR
DRINK ALLOWED**

Keep in mind your test results will reflect your dietary intake over the last 2 weeks.

1. Fast for 8 – 12 hours before your lab appointment (nothing except water)
2. You may take your morning medication with water on the day of the test
3. Do not eat high-fat foods the day before the test
3. Do not drink alcohol or exercise strenuously the day before your lab test.

Call Sunset Medical Practice Group at 503-626-0939 for a lab appointment.