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