

Fasting Lab:

Have dinner the night before and water after dinner. Have water the morning of the lab test. You will feel better if hydrated, and it will be easier to draw your blood test. No coffee, juice, or food.

Please bring your lab slip with you and check in at the desk downstairs. You do not need an appointment. The lab at Lakeside Women's Hospital is open any non-holiday Monday-Friday between the hours of 8:30 am and 4:30 p.m.