

# Fasting Laboratory Test Information

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| <b>Fort Collins:</b><br><b>Horizon Laboratory at Banner Health Center - Fort Collins</b><br>702 W. Drake Road, Bldg. A<br>Ft. Collins, CO 80526<br>Monday-Friday: 7:30am-4:30pm<br>(Closed 12:30 pm – 1:30 pm)<br><b>Horizon Laboratory at Banner Fort Collins Medical Center</b><br>4700 Lady Moon Drive<br>Ft. Collins, CO 80528<br>Monday-Friday: 7:00 am-5:00 pm<br>Saturday: 7:00 am-12:00 pm | <b>Loveland:</b><br><b>Horizon Laboratory at Skyline Center for Health</b><br>2555 E. 13th Street, Suite 115<br>Loveland, CO 80537<br>Monday-Friday: 7:00 am-5:00 pm<br>Saturday: 7:00 am-12:00 pm<br><b>Horizon Laboratory at Banner Health Clinic – SW Loveland</b><br>1230 SW 14th Street<br>Loveland, CO 80537<br>Monday-Friday: 7:30am-4:30pm<br>(Closed 12:30 pm – 1:30 pm) | <b>Sterling:</b><br><b>Horizon Laboratory at Banner Health Clinic - Sterling</b><br>102 Hayes Ave<br>Sterling, CO 80751<br>Monday-Friday: 7:00 am-4:00 pm<br>(Closed 12pm – 1pm)<br> |
| <b>Greeley:</b><br><b>Horizon Laboratory at Summit View Medical Commons</b><br>2001 70th Avenue<br>Greeley, CO 80634<br>Monday-Friday: 7:00 am-5:00 pm<br>Saturday: 7:00 am-12:00 pm                                                                                                                                                                                                               | <b>Windsor:</b><br><b>Horizon Laboratory at Banner Health Clinic -Windsor</b><br>1300 Main Street<br>Windsor, CO 80550<br>Monday-Friday: 7:30am-4:30pm<br>(Closed 12:30 pm – 1:30 pm)                                                                                                                                                                                             |                                                                                                                                                                                                                                                                         |

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Some blood test results are changed by eating food and drinking anything other than water. A patient should fast for several hours before having these tests drawn. Blood cholesterol, triglycerides, vitamin levels, and glucose levels are the most common tests that need fasting. Check with your doctor if you are unsure.

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## Information for a fasting blood collection:

- You do not need to schedule an appointment.
- You can go to any one of the Horizon Patient Service Centers listed above.
- A 10-12 hour fast is suggested for cholesterol and triglyceride tests. Vitamin levels and glucose tests only require an 8-hour fast.
- Do not eat any food or drink for 8-12 hours (except water) before your blood collection. If a glucose tolerance test is ordered, plan to stay in the lab 2-3 hours.

## Here are answers to some common questions about fasting:

- ✓ Can I drink water?
  - Yes, you may drink water.
- ✓ Should I take my medicines?
  - Yes, take any medicines as ordered by your doctor.
- ✓ Can I brush my teeth?
  - Yes, you may brush your teeth.
- ✓ Can I drink any juice?
  - No, juice will change your test results.
- ✓ Can I drink black coffee or tea?
  - No, caffeinated drinks will change your test results.
- ✓ Can I chew gum?
  - No, gum is a food and will change your test results.
- ✓ Can I smoke?
  - No, smoking can change your test results.
- ✓ Can I work out or go to my fitness class?
  - No, workouts or fitness classes can change your test results.

**Ask your doctor or call Horizon Laboratory at (970) 820-6890 if you have more questions.**