OUR MISSION
As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES
Respect, Compassion, Justice, Excellence, Stewardship

www.providence.org/lab

Providence Health & Services, a not-for-profit health system, is an equal opportunity organization in the provision of health care services and employment opportunities.
Should I fast prior to lab work?
If your doctor orders lab work, ask if you should fast before having the lab work done. Fasting is needed for some lab tests because certain test values change following the digestion of food. The measurements of blood sugar (glucose) and some blood lipids (fats and cholesterol) are common examples.

If you are required to fast
Please read the following fasting instructions thoroughly. By following these instructions, you will help us to collect the most accurate specimen for the test your doctor has requested.

Fasting instructions
If you’re asked to fast prior to lab work:

• Do not eat or drink anything (except water) during the eight hours prior to having your blood drawn or other specimen taken.

  Note: If your physician has ordered lipid tests, you must fast for at least 12 hours.

  You may drink only water; no juice, tea, coffee, diet soda or other beverage.

• Do not smoke, chew gum or exercise. These activities may stimulate the digestive system and alter test results.

• Continue to take prescription medications unless your physician tells you otherwise. Check with your physician about over-the-counter medications.

After your specimen is collected, you may resume your normal diet and activities.

Questions and Answers
Why do I have to fast?
Some test values change following the digestion of food. For example, if you eat lots of sugar, your blood sugar will be high. When you are fasting, we get a base result that can be compared over time.

I’m thirsty. Can I have something to drink?
You may drink only water. Do not drink juice, coffee, tea, diet soda or any other beverage regardless of whether or not it has cream and/or sugar in it.

I’m hungry. Can I eat anything?
Sorry, you may not eat anything while fasting.

Should I continue to take my medications?
Unless your physician tells you otherwise, continue to take your prescriptions. Ask your physician about over-the-counter medications.

May I chew gum?
No, not even sugarless. Gum stimulates your digestive system and can alter the test results.

May I smoke?
No, smoking can affect the test results.

May I do my exercise routine?
No, exercise can affect test results.

What time should I come to the laboratory?
Most people find it convenient to stop eating and drinking after 8 p.m. and to arrive at the laboratory early the next morning.

Whom should I call with questions or concerns?
In the Portland service area, please call Providence Laboratory Client Services at 503-215-6660.

Outside of the Portland Service Area, please call:

  Hood River .................... 541-387-6332
  Medford ........................ 541-732-5063
  Newberg ...................... 503-537-1787
  Seaside ....................... 503-717-7250
