

Graham Health System Laboratory
210 West Walnut or 180 S Main St
Canton, IL 61520
Phone; 309-647-5240 or 309-647-0201

Instructions for Fasting Prior to Blood Testing

Patient instruction handout

Some blood tests require fasting specimens. The fast should last (usually overnight) for 8 to 12 hours. Do not eat or drink anything during that time with the exception of water. There is no limitation on drinking water.