



Penn Medicine

Lancaster General Health

Fasting Instructions:

If your provider has instructed you to fast for upcoming bloodwork, please follow the instructions below.

- *Fast 10 - 12 Hours but No More Than 12 Hours*
 - *Please Do Not Drink Anything Other Than Water (Black Coffee is NOT Allowed)*
 - *Please Do Not Eat Anything (Candy, Gum or Mints are NOT Allowed)*
 - *It is OK to Take Medications That Do Not Require Food*
 - *No Smoking (Vaping, Chewing Tobacco or other Tobacco Products are NOT Allowed)*
- **The above instructions must be followed for the entire 10-12 hour fasting period*****