



# Internal Medicine of Arizona, P.C.

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## INSTRUCTIONS FOR COMPLETE LABORATORY PROFILE

### MORNING and AFTERNOON APPOINTMENT\*

Please have nothing to eat of a caloric nature for **8 hours prior to your appointment**. You may drink water, black coffee or plain tea. We encourage you to maintain your hydration by drinking plenty of water. If you take medication, please take it as you normally do.

### AFTERNOON APPOINTMENT

It is not necessary to skip breakfast. Follow the directions above, **adhering to the 8 hour policy prior to your scheduled appointment**. If you take medication, please take it as you normally do.

\*\*\*YOU WILL BE ASKED TO LEAVE A URINE SPECIMEN AT THE TIME OF YOUR VISIT\*\*\*

\*\*\*PLEASE BE PREPARED TO DO SO\*\*\*