
Three days before your visit:

- Eat your usual meals, including starches, fruits, and other foods.

The night before your visit:

- Do not eat any food or drink any beverages after 10:00 PM.
- You may drink only plain water.

The morning of your visit:

- Do not eat any breakfast, snacks, or food.
- Do not drink any coffee, tea, juice, or other beverages
- You may drink plain water.
- Avoid breath mints and chewing gum before the visit.
- Avoid vigorous exercise, and smoking (tobacco/nicotine and other substances).
- Take any medications ordered by your doctor, except those that must be taken with food. Please bring these medications with you and you can take them right after your blood test is completed.

After your blood test:

- A snack or light lunch will be provided after the blood test

Questions? If you have any questions, please contact the SWIFT Study Staff.

Study cell phone: 510-910-4154

Study Toll Free phone: 1-866-279-8624

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