



Preparation for the SWIFTY Visit Fasting Blood Draw

- For three days before your appointment
Eat your usual.



- The night before your appointment

Do not eat any food or drink any beverages after 10 p.m. Only Water. Because you need to fast for several hours, the best time to take the test is in the early morning.

NO FOOD



AFTER 10:00 PM

WATER ONLY



- The morning of your appointment,



DO NOT EAT. No breakfast, snacks or food. You may drink plain water.
NO coffee, tea or juice.

- NO candy, breath mints, or chewing gum prior to this test.



- Take any medications ordered by your doctor according to instructions with small sips of water.



*Thank you very much for your attention.
If you have any questions, please contact the
SWIFT Study Research Staff*

Email: swiftresearch@kp.org

Toll-free phone number: **1-866-279-8624**