

Glucose and Lipid Tests

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Appointments can be made either on-line: albertaprecisionlabs.ca

Or by calling the Provincial Appointment Booking Line (1-877-702-4486)

Early morning appointments are the most popular with our customers and are often booked well in advance.

If you start your fast later in the evening, you may have more opportunity to make a mid-morning appointment.

You can make appointments up to 3 months in advance.

If you cannot keep your appointment, please cancel it online at albertaprecisionlabs.ca or by calling the Provincial Appointment Booking Line.

Alberta Precision Labs also welcomes walk-in patients at most of our Patient Service Centres.

Walk-in patients are seen in the order of the walk-in queue.

Please follow the instructions below for accurate test results.

Please do **not** book x-rays that use a barium drink on the same day **before** your fasting blood test.

Either book x-rays that use a barium drink on a different day or after your fasting blood test appointment.

If your physician does not indicate a specific fasting time for your test, please follow the recommended fasting times listed below:

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| • Triglycerides | • There are no fasting requirements. |
| • HDL | • If your physician gives you specific fasting instructions, please follow their directions. |
| • LDL | |
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| Fasting blood glucose | • Do not eat, chew or drink anything except small amounts of water for 8 or more hours before your appointment. This includes barium. |
| | • Prescription medication and smoking is permitted. |
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| Gestational diabetes screen or | Please see separate patient instructions for |
| Glucose tolerance test | • Gestational Diabetes Screen |
| | • Glucose Tolerance Test |
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