

## **Community Care Family Medicine**

1783 Route 9 • Suite 204  
Clifton Park, New York 12065  
371-9355

*“Our Family Caring for Your Family”*

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### **INSTRUCTIONS FOR FASTING BLOOD WORK**

1. Please do not eat for 12 hours prior to your appointment.
2. It is very important to drink plenty of **water** to prevent dehydration.
3. It is okay to brush your teeth.
4. It is okay to take your medications, with water only.
5. Hold any diabetes medicines (pills or insulin) until **after** the blood test is drawn.
6. Expect the results of your blood test in the mail within 10 working days. If you do not receive them after 10 days, please call our office.

### **LAB TESTING**

Lab testing can be done at the time of the office or before the visit at our office lab.

Our LabCare is located at the following sites:

LabCare Hours: M-F 7:30am-3:30pm

### **LOCATIONS**

Clifton Park (in our building): 836-2426

Latham: 783-3110 x3099

Delmar: 439-8077 x7215

Albany: 213-0448

North Greenbush Tech Park: 274-9146 x 7922

Saratoga Springs: 584-5330 x314