Patient Fasting Metabolic Bone Study
Instructions

No appointment necessary

On the night before the test:

- Do not eat anything after 10pm.
- You must remain fasting until the completion of the test the next morning.
- You may drink as much water as you want to.

On the morning of the test:

- Empty your bladder on rising.
- Have nothing to eat or smoke.
- Do not take any medication until after the test.
- Drink at least two glasses of water.
- Do not drink tea, coffee or milk.

Before leaving home, you may empty your bladder if necessary.

Your test will involve both a blood sample and a urine sample.