



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.