



SONOMA VALLEY HOSPITAL LABORATORY

FREQUENTLY ASKED QUESTIONS

Q: Do I have to be Fasting?

A: **Lipid panels, Glucose tests** (except Glucose Tolerance Tests with Glucola) and **triglycerides** require fasting. Fasting is recommended, but not required for a **CMP (Complete metabolic panel)** and **BMP (Basic metabolic panel)**. Fasting is not required for **TSH, Free T4** and **glycohemoglobin**. If your physician has told you to fast or has written "Fasting" on your Lab order form, then you must fast. Physicians will write "Fasting" on your order form and frequently write it on the upper left corner of the Lab order form. If you are still unsure, please call your doctor's office and ask if they want you to fast for your Lab test.

Q: What do you mean by "Fasting"? Can I take my medications?

A: Fasting means nothing by mouth for 10-12 hours before the blood draw. Water, black coffee and tea are acceptable. Please drink water as it makes the blood draw easier. *Fasting does not apply to medication.*

Q: How can I get copies of my Lab reports?

A: You are able to get copies of Lab reports from your physician's office. You can also receive copies from our Medical Records Department. Please call 707-935-5250 for specific instructions. The Lab is not able to release Lab results directly to the patient.

Q: Can you fax results to my physicians?

A: We are happy to fax results to the ordering physician and any additional physicians requested by the ordering physician. It would be very helpful if you had the fax numbers available. Due to the large number of reports that we fax daily, it is possible that your results may not make it to your physician's office in time for your appointment. If that is the case, please have your physician's office call us and tell us to re-fax the results and that you are waiting in their office. We will prioritize this request.

Q: Can you fax HIV results?

A: Unfortunately, we cannot fax HIV results.

Q: Can you fax my results to my home?

A: Unfortunately, we cannot fax to a private home.

Q: I tend to faint or get light-headed when I get blood drawn. What do you recommend?

A: If you have a history of fainting or getting light-headed when you have blood drawn, please notify the Lab Assistant in advance. We have a place that you can lie down and be more comfortable during and after your blood draw.

Q: I have been told I have lousy veins. Can you still draw my blood?

A: We are proud to have an exceptionally well qualified team of Lab Assistants that will draw your blood.

Our team is skilled with all types of veins and all age groups. Each of our Lab Assistants has years of experience.

Q: Can I have my favorite Lab Assistant draw my blood?

A: Certainly. If you have a preference for who draws your blood, please tell us and we will be more than happy to accommodate you whenever possible.