**PATIENT INSTRUCTIONS:**
(Unless otherwise indicated by your physician)

**Fasting:** Do not eat or drink (except water) for 8-10 hours before the following tests:
- GLUCOSE - fasting;
- GTT: gestational diabetes confirmation and GTT - non pregnant;
- LIPIDS/CHOLESTEROL - if indicated;

**Fasting is preferred, but not required**
- HOMOCYSTEINE;
- IRON/TRANSFERRIN

**H. Pylori:** Do not smoke, eat or drink (except water) for 4 hours before your test

**Drug Levels:** Sample must be collected just before taking your regular dose of medication.

**AM Cortisol:** Sample must be collected within three hours of waking. (Report to the lab with at least 30 minutes to spare).

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**APPOINTMENTS ARE REQUIRED FOR THE FOLLOWING TESTS. CALL TOLL FREE 1-855-412-4495.**
- Ambulatory Blood Pressure
- Holter Monitor
- Lactose Tolerance/Hydrogen Breath Test
- Legal Urine Drug Screen
- Paternity
- Semen Analysis

**For all other tests** you are welcome to arrive without an appointment OR you can self-schedule an appointment at [www.lifelabs.com](http://www.lifelabs.com).

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Patient Instructions are also available at our website [www.lifelabs.com](http://www.lifelabs.com)

Test Results for clinicians: 1-800-431-7206. Patients can register to receive test results at [www.myehealth.ca](http://www.myehealth.ca)

For tests not covered by MSP, we accept payment by VISA, MasterCard and Debit.

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**Patient Service Centres**

<table>
<thead>
<tr>
<th>Location</th>
<th>Hours (Monday to Friday)</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kamloops - St. Paul</td>
<td>8:00 to 4:00</td>
<td>(250) 374-5638</td>
</tr>
<tr>
<td>Kamloops - Nicola</td>
<td>8:00 to 3:00</td>
<td>(250) 372-0588</td>
</tr>
<tr>
<td>Kamloops - Tranquille</td>
<td>7:00 to 4:00</td>
<td>(250) 376-4165</td>
</tr>
<tr>
<td>Prince George</td>
<td>7:00 to 4:00; (Sat. 7:00 to 12:00)</td>
<td>(250) 562-7358</td>
</tr>
<tr>
<td>Quesnel</td>
<td>7:30 to 3:00</td>
<td>(250) 992-5889</td>
</tr>
<tr>
<td>Terrace</td>
<td>8:00 to 4:00</td>
<td>(250) 615-0332</td>
</tr>
<tr>
<td>Dawson Creek</td>
<td>8:00 to 4:00</td>
<td>(250) 782-5764</td>
</tr>
<tr>
<td>Nelson</td>
<td>8:00 to 12:30; 1:30 to 4:00</td>
<td>(250) 352-6628</td>
</tr>
<tr>
<td>Kimberley</td>
<td>7:30 to 3:30</td>
<td>(250) 427-2108</td>
</tr>
</tbody>
</table>

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Hours of operation are subject to change. For current hours and locations visit our website at [www.lifelabs.com](http://www.lifelabs.com)