

Greeley:

**Horizon Laboratory at
Summit View Medical Commons**
2001 70th Avenue
Greeley, CO 80634
PH: (970)820-6890
Monday-Friday: 7:00 am-5:00 pm
Saturday: 7:00 am-Noon

Windsor:

**Horizon Laboratory at
Banner Health Clinic-Windsor**
1300 Main Street
Windsor, CO 80550
PH: (970)820-6890
Monday-Friday 7:30am-4:30pm
(Closed 12:30 pm – 1:30 pm)

Loveland:

**Horizon Laboratory at
Skyline Center for Health**
2555 E. 13th Street, Suite 115
Loveland, CO 80537
PH: (970)820-6890
Monday-Friday: 7:00 am-5:00 pm
Saturdays: 7:00 a.m. - Noon

**Horizon Laboratory at
Banner Health Clinic-Aspen**

2923 Ginnala Drive
Loveland, CO 80538
PH: (970)820-6890
Monday-Friday: 7:30 am-4:30 pm
(Closed 12:30 pm-1:30 pm)

**Horizon Laboratory at
Banner Health Center-SW Loveland**

1230 SW 14th Street
Loveland, CO 80537
PH: (970)820-6890
Monday-Friday: 7:30 am-4:30 pm
(Closed 12:30 pm-1:30 pm)

Fort Collins:

**Horizon Laboratory at
Banner Health Center-Fort Collins**
702 W. Drake Road, Bldg. A
Ft. Collins, CO 80526
PH: (970)820-6890
Monday-Friday: 7:30 am-4:30 pm
(Closed 12:30 pm.-1:30 pm)

**Horizon Laboratory at
Banner – Ft. Collins Medical Center**

4700 Lady Moon Drive
Ft. Collins, CO 80528
PH: (970)820-6890
Monday-Friday: 7:00 am-5:00 pm
Saturday: 7:00 am-Noon

Sterling

**Horizon Laboratory at
Banner Health Clinic-Sterling**
102 Hayes Ave
Sterling, CO 80751
PH: (970)820-6890
Monday-Friday 7:00 am-4:00 pm
(Closed 12 pm – 1 pm)

www.HorizonLaboratory.com

Some blood tests results are changed by eating food or drinking. A patient should fast for hours before having one of these tests drawn. Blood cholesterol, triglyceride, vitamin levels, and glucose levels are the most common tests that need fasting. Check with your doctor if you are unsure.

Information for a fasting blood collection:

- You do not need to schedule an appointment.
- You can go to any one of the Horizon Outpatient Draw sites.
- A 10-12 hour fast is suggested for cholesterol and triglyceride tests. Vitamin levels and glucose tests only need an 8-hour fast. Follow the rules makes sure an accurate lab test result.
- Do not eat any food or drink for 8-12 hours (except water) before you go to have your blood taken. If a glucose tolerance test is ordered, plan to stay in the lab 2-3 hours.

Here are answers to some common questions about fasting.

- ✓ Can I drink water?
 - Yes, you may drink water.
- ✓ Should I take my medicines?
 - Yes, take any medicines as ordered by your doctor.
- ✓ Can I brush my teeth?
 - Yes, you may brush your teeth?
- ✓ Can I drink any juice?
 - No. Juice drinks will change your test results.
- ✓ Can I drink black coffee or tea?
 - No. Caffeinated drinks will change your test results.
- ✓ Can I chew gum?
 - No. Gum is a food and will change your test results.
- ✓ Can I smoke?
 - No. Smoking can change your test results.
- ✓ Can I work out or go to my fitness class?
 - No. Workouts or fitness classes can change your test results

Ask your doctor or laboratory staff if you have more questions.