



INTERNAL MEDICINE OF ARIZONA
3333 E CAMELBACK ROAD
SUITE 122
PHOENIX, ARIZONA 85018
PH: 602.522.1900 | FAX: 602.381.3281

INSTRUCTIONS FOR COMPLETE LABORATORY PROFILE

MORNING AND AFTERNOON APPOINTMENT:

Please have nothing to eat of a caloric nature for 8 hours prior to your appointment. You may drink water, black coffee or plain tea. We encourage you to maintain your hydration by drinking plenty of water. If you take medication, please take it as you normally do.

AFTERNOON APPOINTMENT

It is not necessary to skip breakfast as long as you follow the **8 hour policy prior to your scheduled appointment**. If you take medication, please take it as you normally do.

**YOU WILL BE ASKED TO LEAVE A URINE SPECIMEN AT THE TIME OF YOUR VISIT
PLEASE BE PREPARED TO DO SO**