



**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 4 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

If you desire to have an afternoon appointment, please have a light breakfast, stick with liquids such as water, coffee, or tea without any additives until your appointment time.

Examples:

7am breakfast = after 11am appointment

8am breakfast = after 12pm appointment

9am breakfast = after 1pm appointment

Thank you!

YOU WILL BE ASKED TO LEAVE A URINE SPECIMEN AT THE TIME OF YOUR VISIT

*****PLEASE BE PREPARED TO DO SO*****