

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-12:00 pm

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  
Saturday: 7:00 am-12:00 pm

**Horizon Laboratory at  
Banner Health Clinic – SW Loveland**

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

**Horizon Laboratory at  
Banner Fort 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-12:00 pm

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 12pm – 1pm)

[www.HorizonLaboratory.com](http://www.HorizonLaboratory.com)

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Some blood test results are changed by eating food and 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 test that need fasting. Check with your doctor if you are unsure.

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### 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 glucosa tests only need an 8-hour fast.
- Do not eat any food or drink for 8-12 hours (except water) before you go to have your blood taken. If a glucosa tolerance test is ordered, plan to stay in the lab 2-3 hours.

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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 drink 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.

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