



Patient Preparation for Lab Tests

Gaston Medical Group would like to make your visit for lab tests go smoothly. This information sheet is to help you remember what you need to do before having a lab test. Most tests require no preparation. Your doctor will provide you with the specific instructions necessary for your individual lab work.

For your convenience, your lab order will be kept at the front desk. No appointment is necessary; upon arrival, please give one of our receptionists your name and doctor for a quick check-in. Please note, certain insurance carriers want their policy holders to have their lab work done at an outside facility. If you are unsure what your insurance policy requires, a Gaston Medical employee will be happy to assist you.

If your lab work requires fasting (to go without all or certain foods) please do not eat any food after midnight. You may drink water.

If your physician has instructed you to collect a lab specimen at home, you may drop off your specimen at the front desk. Please make sure your specimen has your name on it and inform the receptionist that you are dropping a specimen off for the Lab.

**If you have any questions, please don't hesitate to contact Gaston Medical
Group at
704-867-0735.**