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### For your upcoming visit, please read the following instructions:

* Refrain from consuming any alcohol 24 hours prior to the visit, other than 1 drink at the prior evening's meal.
* Refrain from marijuana use 24 hours prior to the visit.
* Refrain from consuming street drugs in the 48 hours prior to the visit; benzodiazapines, antidepressants or methadone are allowed if they have been on a stable amount for the past 30 days.
* Refrain from consuming 'street prescription' drugs in the 48 hours prior to the visit unless they are on a stable amount for the past 30 days (e.g., Tylenol 3s).
* Bring your reading glasses if required.
* Bring with you a list of your current medications provided by the pharmacy
* **You will have to come in fasting**. Do not eat or drink anything other than water for 8-12 hours prior to your blood collection. You may take your medication as required.
* We will have small snacks available after the blood drive, but you may consider bringing food if you want.