



# Serum Project Fasting Instructions

## Purpose

A clear liquid fasting diet is used before your blood donation, so that solid foods won't falsely make certain things in your blood (cholesterol for example) too high. We want to collect the best possible sample that we can.

## Diet details

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

The following foods are allowed in a clear liquid diet:

- Water (plain, carbonated or flavored)
- Fruit juices without pulp, such as apple or white grape
- Fruit-flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin
- Tea or coffee without milk or cream
- Strained tomato or vegetable juice
- Sports drinks
- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts

You should avoid any foods not on the above list for **12** hours before your upcoming blood donation.

If you have questions or concerns, please contact [serum@bloodworksnw.org](mailto:serum@bloodworksnw.org)