

MUNSON HEALTHCARE FACILITIES FOR LABORATORY SPECIMEN COLLECTION

munsonhealthcare.org/lablocations

ANTRIM COUNTY

Munson Outpatient Services – Elk Rapids
Elk Rapids Primary Care
Hrs: Mon. - Fri., 8:30 am - 4:30 pm
231-264-0024

Mancelona Health Center

Hrs: Mon. - Fri., 7:30 am - 4:00 pm
231-587-4752

BENZIE COUNTY

Munson Outpatient Services – Benzonia

Crystal Lake Health Center
Hrs: Mon. - Fri., 8 am - 4:30 pm
231-882-1062

Paul Oliver Memorial Hospital

Hrs: Mon. - Fri., 7 am - 9 pm
Sat., 9 am - 1 pm
231-352-2204

CRAWFORD COUNTY

Munson Healthcare Grayling Hospital

Hrs: Mon. - Fri., 7 am - 5 pm
Sat., 7 am - 3 pm
989-348-0352

GRAND TRAVERSE COUNTY

Munson Outpatient Services – Chums Corners
Hrs: Mon. - Fri., 7:00 am - 2:30 pm
231-935-0788

Munson Community Health Center

Hrs: Mon. - Fri., 7:30 am - 5:00 pm
231-935-8470

Munson Laboratories at Grand Traverse Commerce Centre

(across from Grand Traverse Mall)
Hrs: Mon. - Fri., 7 am - 6 pm Sat., 7 am - 12:30 pm
231-392-0380

Munson Outpatient Services – Interlochen

Crystal Lake Health Center
Hrs: Mon. - Fri., 8:00 am - noon, 1:00 - 4:30 pm
231-275-6980

Munson Outpatient Services – Kingsley

Crystal Lake Health Center
Hrs: Mon. - Fri., 8:00 am - 5:00 pm

Munson Outpatient Services – West

Hrs: Mon. - Fri., 7:00 am - noon
231-935-0590

KALKASKA COUNTY

Kalkaska Memorial Health Center
Hrs: Seven days, 6:30 am - 11:00 pm
231-258-7508

LEELANAU COUNTY

Munson Outpatient Services – Empire

Empire Community Health Center
Hrs: Mon. - Fri., 8:00 am - 12:30 pm, & 1 - 5 pm
231-326-2053

Suttons Bay Medical Clinic

Hrs: Mon. - Thurs., 8:00 am - noon & 1 - 5 pm
231-271-0350

Michael Ziter M.D. – Northport

Hrs: Mon. - Thurs., 8:00 am - 10:30 am
231-386-5649

MANISTEE COUNTY

Bear Lake Outpatient Services

Hrs: Mon. - Fri., 8:00 am - 4:15 pm
231-864-5002

Manistee Wellness Center

Hrs: Mon. - Fri., 7:30 am - 5:00 pm
231-398-1960

Wellston Outpatient Services

Hrs: Mon. - Fri., 8:30 am - noon & 1 - 5 pm
231-848-4915

Munson Healthcare Manistee Hospital

Hrs: Mon. - Fri., 7:00 am - 6:00 pm;
Sat., 8:00 am - noon
231-398-1153

ROSCOMMON COUNTY

Prudenville Community Health Center

Hrs: Mon. - Fri., 7:30 am - noon, 1 - 4 pm
989-366-2900

WEXFORD COUNTY

Northern Pines Health Center - Buckley

Hrs: Mon. - Fri., 8:00 am - noon, 1 - 5 pm
231-269-3056

Munson Healthcare Hospital Cadillac

Hrs: Mon. - Fri., 7:00 am - 5:00 pm
Sat., 7:00 am - 3:00 pm
231-876-7295

PATIENT INFORMATION REGARDING SCHEDULED TESTS

Your Physician will indicate which of the following directions (if any) apply to the ordered test(s)

LIPID PANEL, HDL CHOLESTEROL, TRIGLYCERIDES & LDL CHOLESTEROL

FASTING 12-14 HOURS PREFERRED

Do not eat or drink anything except water for 12-14 hours before your test. Do not drink coffee, tea, juice or soft drinks. Water may be taken as you desire, but this is the only exception. Continue to take your medications. For medications that must be taken with food, consult your physician for guidance. Do not consume alcohol for 24 hours prior to blood draw.

GLUCOSE

FASTING 8 HOURS

Do not eat or drink anything except water for 8 hours before your test. Do not drink coffee, tea, juice or soft drinks. Water may be taken as you desire, but this is the only exception. Continue to take your medications. For medications that must be taken with food, consult your physician for guidance.

GLUCOSE TOLERANCE TEST

THREE DAY DIET PREPARATION WITH AN 8 HOUR FASTING PRIOR TO TEST

- For 3 days prior to the test, eat at least 150 grams of carbohydrate per day along with your meals.
- Do not eat or drink anything except water for 8 hours before the test. Water may be taken as you desire but this is the only exception. DO NOT drink coffee, tea, juice, or soft drinks. Continue to take your medications. For medications that must be taken with food, consult your physician for guidance.
- Please plan to arrive so as to allow sufficient time to register and complete sample collections during laboratory hours of service. Please bring this order form to the registration area before visiting the laboratory.
- In the laboratory, you will be given a solution of glucose (sugar) to drink. The test consists of drawing several blood samples. The test usually takes about 3 hours for pregnant patients and 2 hours for non-pregnant patients. Please plan to remain in the laboratory vicinity throughout the testing period.

24 HOUR URINE COLLECTION (Specimen container available from the lab)

- At 7:00 am empty the bladder. Do not save this specimen but discard in the toilet.
- Collect all urine voided after 7:00 am and add urine to the specimen container.
- Keep the container cool during collection (refrigerate or place in a cooler).
- At 7:00 am on the next day empty the bladder and **add** this final urine to the specimen container.
- Return the container to the Laboratory within 3 hours of completion. Keep container cool during transport. Please bring this order form to the registration area before visiting the laboratory.