

Frequently asked questions

What does “fasting” mean?

Fasting means that you should not eat or drink, except plain water, for a minimum of 8 hours (10 to 12 hours is preferable) before your lab draw. Avoid gum, water flavor additives, or any other sugar substitutes.

When do I need to “fast” for my labs?

If your provider orders blood work during your visit, be sure to ask if you need to “fast” beforehand. If you are unsure if you need to be “fasting,” contact your provider prior to coming to the lab.

Can I take my medicine if I need to be “fasting”?

Taking your medication does not interfere with your “fasting.” However, some lab tests may be ordered to check your medication dosage level. If you have any questions about taking your medication prior to your lab draw contact your provider.

Can I drink water?

Drinking water is highly encouraged before a blood draw. Being well-hydrated means that your veins are easier for the phlebotomist (the person who draws your blood) to locate.

How do I make sure that Salem Health Laboratory has my lab order?

To verify lab orders for any location, call our Laboratory Client Services department at 503-814-5227.

Specimen drop-off location:

Salem Health Laboratory - State Street

3300 State St.
Salem, OR 97301
503-814-5227

Fax lab orders for all locations to 503-561-4780.

Specimen drop-off hours:

Monday through Friday, 6 :30 a.m. to 10:30 p.m.

Saturday, 7 a.m. to 4 p.m.

Sunday, closed

Semen analysis drop-off hours:

Monday through Friday, 8 a.m. to 4:30 p.m.



LABORATORY

Convenient laboratory locations near you



Salem Health Laboratory locations

1

Salem Health Laboratory - State Street

3300 State St., Salem

Monday through Friday,

7 a.m. to 5 p.m.

Saturday, 7:30 a.m. to 1 p.m.

EKG services available



2

Salem Health campus

890 Oak St. SE, Salem

- **Lab**

Building C, Suite 4000

Monday through Friday

7:30 a.m. to 5:30 p.m.

EKG services available

Glucose tolerance testing available

Therapeutic phlebotomy; call 503-814-5227 for scheduling.



- **Lab/Imaging**

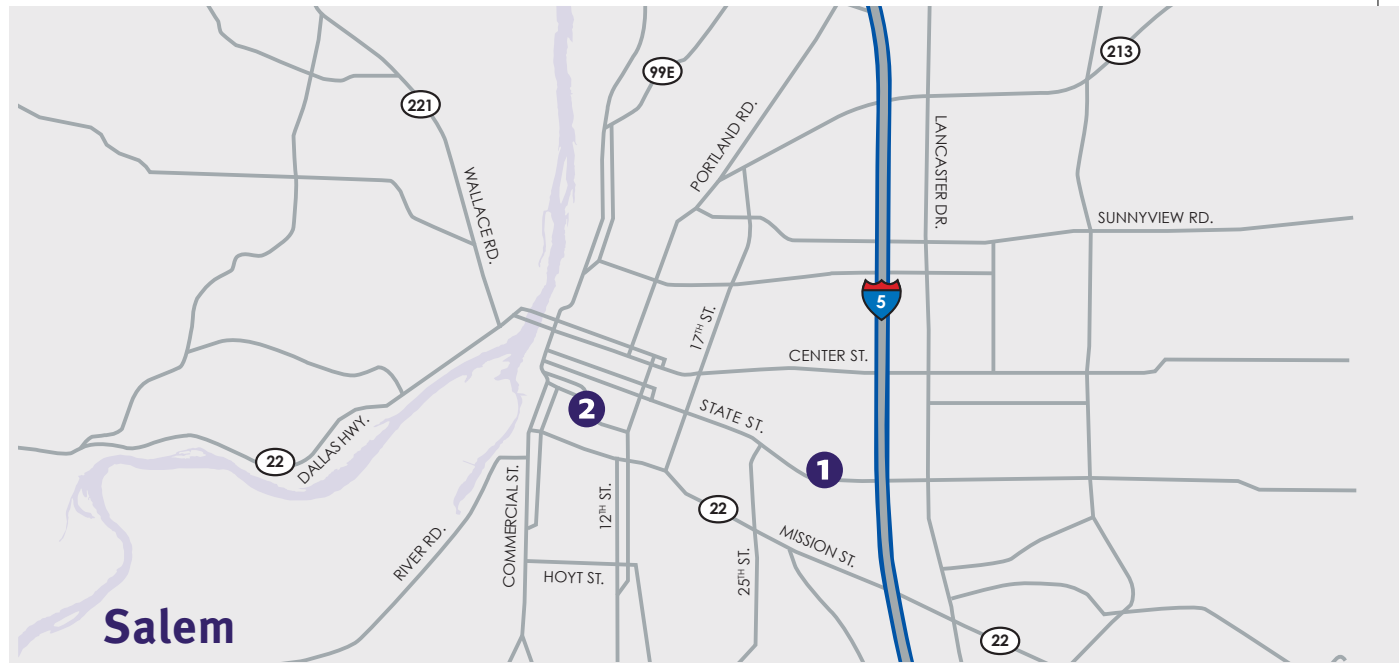
Building A, first floor

Monday through Friday

6:30 a.m. to 5 p.m.

Glucose tolerance testing available

EKG services available



Polk County locations

3

West Valley Hospital

525 Washington St., Dallas

Open seven days a week

6 a.m. to 8 p.m.

Glucose tolerance testing available

EKG services available

Therapeutic phlebotomy; call 503-623-7303 for scheduling.



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Salem Health Laboratory - Monmouth

512 Main St., Monmouth

Monday through Friday

8 a.m. to 4:30 p.m.

(closed noon to 1 p.m.)

Glucose tolerance testing available

