

## Fasting Instructions

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested. First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

**NOTE:** You may be required to fast before having a blood test. This is because certain test values, for example blood sugar (glucose) change following the digestion of food.

LifeLabs implemented the option of not fasting prior to blood collection for measurement of lipid levels and other chemistry tests. Non-fasting specimens are acceptable for most situation requiring analysis of blood triglyceride levels, however some exceptions apply. **Your clinician will determine if fasting is required for you.**

### INSTRUCTIONS:

If you are asked to fast for your test:

Do not eat anything for a minimum of:

- 8 hours for a fasting glucose/GTT **or**
- 12 hours for lipid assessment test before you go the laboratory to have your blood taken, if fasting is required.

Do not drink any juice, tea or coffee. You are allowed to drink water.

Do not smoke, chew gum, or exercise. These activities may stimulate the digestive system and alter test results.

After the specimen is collected, you may resume your normal diet.

### QUESTIONS & ANSWERS:

#### Why do I have to be fasting?

Some test values change following the digestion of food. For example, if you eat lots of sugar, your blood sugar will be high. When you are fasting, we get a base result that can be compared over time.

#### May I drink water?

Yes, you can drink water but not other kinds of drinks.

#### Should I continue to take my medications?

Yes, unless your doctor tells you not to.

#### May I drink juice?

No, just water.

#### May I drink coffee?

No, not even black without sugar, and the same goes for tea. You can drink water.

#### May I chew gum?

No, not even sugarless. Gum stimulates your digestive system and can alter the test results.

#### May I smoke?

No, smoking can affect the test results.

#### May I do my exercise routine?

No, exercise can also affect test results.

#### What time should I come to the laboratory?

Most people find it convenient to stop eating and drinking after 8:00 PM and to arrive at the laboratory early the next morning.