



Fasting for a Blood Specimen Collection

An overnight fast is required for a number of laboratory tests. Please reference the test list below and fasting time periods. Inform patients to follow these instructions to ensure optimal results.

- Do not eat or drink anything except normal amounts of plain water for 10-12 hours prior to testing.
- Drink normal amounts of water, but no coffee, decaffeinated coffee, tea, or juice. In addition, one should avoid alcoholic beverages for 48 hours if LIPID or Vitamin A, E or C testing is ordered.
- Do not smoke, chew gum, or exercise the morning of the test.
- Take normal dosages of medications, unless the provider has instructed otherwise

Why is Fasting Necessary?

The nutrients in the food and beverages that are consumed absorb into the blood stream and could impact factors measured by certain tests. If fasting is going to be a problem for a patient, please discuss this with the healthcare provider.

Results may be inaccurate if fasting was not done prior to the test and may lead to improper diagnosis or treatment.

Required Fasting Laboratory Tests

8 hours	10 to 12 hours	12 to 14 hours
Bile Acids	Acylcarnitine <i>(prior to feeding)</i>	Cholesterol <i>(only if part of lipid screen)</i>
C-Peptide	Glucose	HDL
Gastrin	Glucose Tolerance <i>(Gestational and Diabetic)</i>	Lipoprotein A
	Growth Hormone	Lipid Panel <i>(avoid alcohol)</i>
	Insulin and Proinsulin	Triglycerides
		Vitamin A, E, C <i>(avoid alcohol)</i>

Recommended Fasting Laboratory Tests

8 hours	10 to 12 hours
Amino Acids <i>(4 hours for infants)</i>	BMP
	CMP
	Homocysteine
	Hyper Coagulation Studies
	Liver Fibrosis, Fibrotest
	Vitamin B12, Folate