

facts about...

Laboratory - General Fasting Blood Tests

Description: Your doctor has requested that you have a laboratory test(s) performed, which requires that you fast prior to having your blood sample collected.

What to expect: Your doctor will inform you whether you need to fast for the laboratory tests(s) that have been ordered. General examples of tests which require fasting are glucose, cholesterol and triglyceride testing.

What to do: Always follow your physician's specific instructions. If your doctor tells you to fast for any of the laboratory test(s) ordered, fast as follows:

Do not have anything to eat or drink with the exception of water for 8-12 hours.

Who to call if you have questions: If you have questions or would like additional information, ***if you have*** please call NorthShore Lab Services (NSLS) at (847) 663-2100.