



Patient Instructions for Fasting Specimens

Purpose

You may be required to fast before having a blood test. This is because certain test values change following the digestion of food. The measurement of blood sugar (glucose) and some blood lipids (fats and cholesterol) are common examples.

If you are asked to fast for your test:

- Do not eat or drink anything (except water) for 8 hours before you go to the laboratory to have your blood drawn. If your physician has ordered lipid tests, you must fast for at least 12 hours. You may drink water, but no juice, tea, or coffee.
- Do not smoke or chew gum. These activities may stimulate digestive system and alter test results. After specimen is drawn, you may resume your normal diet.

FAQs

May I drink water? Yes, you can drink water but no 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 test results.

May I smoke? No, smoking can affect test results.