



Fasting Instructions

Many times your doctor will order a blood test that will require you to fast before having your blood drawn. Examples of blood tests that should be collected after a fast are glucose and lipid(cholesterol) levels. Eating or drinking can affect the results of these tests and produce falsely elevated results. You should fast for 12 hours before having these types of blood tests collected.

1. Calculate the time you should begin the fast. If the test is at 8 am, you should begin your fast at 8 pm.
2. Stop eating at the start time of your fast. Do not eat anything after you begin your fast.
3. Do not drink anything except water once you start your fast.
4. Report to the laboratory to have your fasting blood work collected.