

FASTING

WHAT YOU SHOULD KNOW.

The laboratory tests your doctor has ordered can only provide useful information if you have fasted for at least 12 hours before the tests are performed.

Fasting means you should not have anything to eat or drink for at least 12 hours before you go to the laboratory.

The most common “fasting” tests are: fasting glucose, triglycerides or lipids, glucose tolerance test and lactose tolerance test. Both tolerance tests require that you stay at the laboratory for 3 to 5 hours, so we recommend that you bring a book or something else to keep you occupied.

COMMON QUESTIONS AND ANSWERS.

May I drink water?

Yes, small amounts.

Should I take my medications?

Yes, unless your doctor tells you not to.

May I drink juice?

No.

May I drink coffee?

No, not even black without sugar, and the same goes for tea.

May I chew gum?

No, sorry, not even sugarless.

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 p.m. and to arrive at the laboratory early the next morning. If you have any questions, call the laboratory before coming in.

By following these simple steps, you can avoid unnecessary repeat visits to the laboratory and help us make better use of scarce health care resources.