

Fasting Specimens

PURPOSE OF TEST

Your doctor has ordered a test which requires you to be fasting prior to collection. Blood composition is significantly altered after meals and is not suitable for many clinical chemistry tests. Improper preparation for this test may cause the wrong answer to be given to the doctor, resulting in the wrong treatment to be given.

COLLECTION OF SPECIMEN

1. Abstain from all food for a minimum of 10 – 12 hours. Water may be consumed during this time.
2. Check with your doctor to determine if you should continue to take your usual medication(s) during this time. The laboratory cannot advise you on medications.
3. As soon as the laboratory has collected the required specimen, you may resume normal eating unless otherwise directed by your doctor.

If you have any questions about these instructions, please call the Client Service department at (219) 989-3700 or (800) 937-5521.

