

How to Prepare for a Fasting Blood Test

Your physician has ordered a fasting blood test.

Some blood tests require that you stop eating and drinking (fast) to ensure accurate results. Please follow these instructions carefully.

Fasting guidelines

- Most fasting blood tests require 8 to 12 hours of fasting.
- Your physician's office will tell you the exact fasting time.
- Schedule your test early in the morning, when possible.
 - Example: For a test appointment at 8 am, stop eating by 8 pm the night before.

During the fasting time, you may only have water.

Avoid during fasting

While you are fasting, follow these guidelines:

- Do not eat food of any kind (not even gum, candy or mints).
- Do not drink coffee, tea, juice or soda (not even black coffee).
- Do not drink alcohol (no beer, wine or other drinks).
- Do not smoke or vape.
- Do not exercise.

Medications

- Take all medications according to your physician's instructions.
- Talk to your physician before stopping any prescription medications.

On the day of your test

- Drink water to stay hydrated.
- Tell laboratory staff if you feel dizzy, lightheaded or sick.

Visit healthlabtesting.com
or scan the QR code
to see locations and hours.

