

Fasting Information

Fasting is only required if specifically requested for some general tests (glucose or lipid testing), if marked on the requisition or for special testing as covered below. For Gestational (pregnancy) screens and tests, please see the relevant section.

Fasting samples	
Fasting Information	<ul style="list-style-type: none">• Do not eat anything for at least 8 hours before the test.• Do not exceed 12 hours fast.• Do not drink any juice, tea or coffee. You are allowed to drink water, only for thirst.• Do not smoke, chew gum or exercise. This may stimulate the digestive system and alter test results.• After the specimen is collected, you may resume your normal diet.

If you have any questions, please call the Hoan My hotline or the Laboratory