



Tests Requiring Fasting and Fasting Instructions

1650 Cowles
(Fairbanks Imaging Center)
Fairbanks, AK 99701
907-458-5640

Or

1001 Noble
(in the TVC building)
Fairbanks, AK 99701
907-459-3500 x 2229

One of the most important factors in determining the accuracy and reliability of your lab test is you, the patient. Therefore, it is essential that you do the following to ensure that the results will be useful and interpreted correctly by your health care provider:

- Follow fasting instructions; No food, but plenty of water;
- Alert the person collecting your sample if you have deviated from the instructions and how;
- Inform your health care provider of any medications (including vitamins and supplements) you might currently be taking or foods you have eaten within the day prior to the test. If you are taking prescribed medications such as blood-thinners or seizure medication, you may want to write down the exact time at which you took your dose and when your blood was drawn. This information will be useful if your doctor has any questions about your test results.

The following is a quick reference for commonly ordered tests that require the patient to be fasting. There are assays sent to reference laboratories that require fasting specimens as well. If you have any question about the fasting requirements of a test call 907-458-5640 (Main Lab) or 907-459-3500 x 2229 (FMH Lab at TVC).

8-HOUR FAST - WATER ONLY:

Glucose
Glucose Tolerance Tests

12-HOUR FAST - WATER ONLY*

Cholesterol
HDL
Lipid Profile
Lipoprotein Electrophoresis
Triglyceride