

**WHAT DOES FASTING MEAN?**

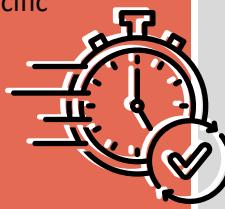
Fasting is abstaining from food or drink.

- ONLY plain water is allowed.
- No food
- No coffee or tea
- No juice
- No soda or diet soda
- No milk or creamers
- No flavored water
- No gum

**HOW LONG SHOULD I FAST?**

Most fasting tests require 8–12 hours.

- Fasting glucose or cholesterol: 8–12 hours
- Glucose tolerance testing: at least 8 hours (specific instructions apply)

**WHY FASTING MATTERS?**

After eating or drinking, sugars, fats, and other nutrients temporarily change lab values.

- Helps measure your body's baseline levels
- Improves accuracy of test results
- Helps providers interpret results correctly

**MEDICATIONS**

- Most medications may be taken with a small sip of water
- Follow your provider's instructions
- Medications affecting blood sugar may need special guidance



If you ate or drank anything before you arrived at CompuNet, please inform our team member before blood collection.

**WHEN A TEST MAY BE RESCHEDULED**

- Eating or drinking anything besides water
- Not following test instructions
- Fasting much longer than directed
- Feeling unwell or unsafe to continue fasting

**QUESTIONS?**

If you're unsure about fasting or medications, contact your provider or ask the lab staff when you arrive.