CompuNet
CLINICAL LABORATORIES

FASTING BEFORE YOUR BLOOD TEST

What It Means • Why It Matters • Common Questions

WHAT DOES FASTING MEAN?

Fasting is abstaining from food or drink.

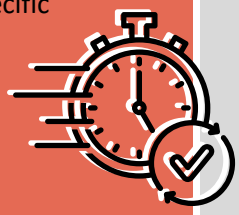
- ONLY plain water is allowed.
- No food
- No coffee or tea
- No juice
- No soda or diet soda
- No milk or creamers
- No flavored water
- No gum



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.