

What should I do for a fasting laboratory test?

Patients often need clarification of the term "fasting" as it relates to laboratory test orders. SwedishAmerican Hospital Laboratory issues the following instructions to patients who have a fasting test ordered:

Your doctor has ordered a laboratory test that requires you to be in a fasting state for your laboratory test.

"Fasting" means you **should not**:

- eat food for the 12 hours before the test is collected.
- drink beverages (other than water) during the 12 hour period.
- chew gum during the 12 hour period.
- use mints, cough drops, or throat lozenges during the 12 hour period.
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You **may** do the following:

- drink water during the 12 hours before the test is collected.
- take prescribed medications during the 12 hour period (unless directed otherwise).
- brush your teeth during the 12 hour period.