



Bassett Healthcare Network

Patient Instructions for Fasting Laboratory Testing

Fasting means no caloric intake for a specific time frame before having your lab testing completed.

Based on your ordered labs, you should be fasting for at least **8 hours** prior to having your lab work done. You must have nothing to eat or drink for **8 hours** prior to the test and through the completion of the test. Fasting includes abstinence from any food, any drink, or anything to chew. You are able to have plain water to drink.

Exceptions may apply based on your ordering practitioner's clinical judgment. You may be asked if you are fasting prior to blood collection. If fasting is required and you are not fasting, you will be re-scheduled.

Please feel free to contact your ordering practitioner's office with any questions.

Patient Instructions for Fasting Laboratory Testing

Fasting means no caloric intake for a specific time frame before having your lab testing completed.

Based on your ordered labs, you should be fasting for at least **12 hours** prior to having your lab work done. You must have nothing to eat or drink for **12 hours** prior to the test and through the completion of the test. Fasting includes abstinence from any food, any drink, or anything to chew, or multivitamins and dietary supplements containing biotin (vitamin B7 which is commonly found in hair, skin, and nail supplements and multivitamins). You are able to have plain water to drink.

Exceptions may apply based on your ordering practitioner's clinical judgment. You may be asked if you are fasting prior to blood collection. If fasting is required and you are not fasting, you will be re-scheduled.

Please feel free to contact your ordering practitioner's office with any questions.