



FAQ for Fasting

Client Communication

Client Services

Oahu808.677.7998

Neighbor
Islands.....866.281.6816

Clinical Labs of Hawaii

99-193 Aiea Heights Drive
Aiea, HI 96701

Visit our website at
www.clinicallabs.com

What is Fasting?

Fasting means the patient should not eat or drink anything except water.

Should I continue to take my medications?

Yes, you should continue to take your medication as usual unless your physician instructs you not to take them.

Why should I fast?

Some blood tests are sensitive to food and beverages. Fasting ensures test results are accurate. The most common tests affected are glucose tests (blood sugar levels) and lipid panels (cholesterol, triglycerides and HDL (high density lipo-proteins)).

How long should I fast?

For a glucose test, fasting for 8-10 hours is satisfactory. For lipid profiles, the physician may request fasting for 12-14 hours. Please seek additional advice from your physician.

Why is water acceptable to drink while fasting?

Water will keep the body hydrated and your veins will be more easily accessible. This will make the blood draw easier.

What other common items should be avoided when fasting?

Coffee, tea, lozenges, mints, chewing gum, and vitamins/supplements.

Can I continue taking Biotin? (AKA Vitamin B7, Vitamin H, Coenzyme R and some B-complex supplements)

Withholding Biotin administration when clinically feasible for at least 24 hrs before laboratory testing is recommended. For mega dosages (>150 mg biotin), the supplement should be held for at least 2-3 days. It is important that you inform your physician of any medications, vitamins or supplements you are taking as they may impact your blood test results.

Are there any other items that may affect test results?

Products containing nicotine (cigarettes, e-cigarettes, nicotine gum, etc.) – Nicotine is a stimulant and will affect glucose metabolism. Physical activity also affects a patient's glucose values and should be limited prior to blood collection. Consult with your physician if any restrictions apply.

Thank you for choosing Clinical Labs of Hawaii.