



Fasting Specimen Summary

Fasting Highly Recommended: It is highly recommended that “Lipid” tests for cardiovascular risk be performed after a minimum of 12 hours fasting. Patients who present at our outpatient testing areas having fasted for less than this will be told of this recommendation and invited to return on another day.

Because results will be valid under some circumstances if patients elect to go ahead with testing, our staff will draw blood and when results are reported a message will indicate the patient was fasting for less than the recommended hours.

When specimens for tests for which mandatory or recommended fasting are procured in a clinician’s office, we assume the patient was in a fasting state unless otherwise indicated.

Clearly if the results meet lipid targets for an individual they are valid but if they do not, a fasting specimen is recommended for a valid assessment.

Fasting Preferred: A fasting specimen is ideal but not essential for most analyses. When in doubt, it is best to have a fasting specimen.



The table below provides a summary of fasting information.

| Fasting Recommendation | Test |
|---|--|
| Minimum 8 hour fast Minimum 12 hour fast | Basic Metabolic Panel Comprehensive Metabolic Panel Fasting Glucose Gestational Glucose Tests Growth Hormone |
| 12 hour fast 6-8 hours | Cardiac Risk Extended Profile Cardiac Risk Lipid Profile Cholesterol Gastrin Homocysteine Iron Iron and Total Iron Binding Capacity Parathyroid Hormone Triglycerides Vitamin E C-Peptide C-Reactive Protein, High Sensitivity Ceruloplasmin Folate Phosphorus Transferrin Vitamin B 12 Assay and Folate |
| 6-8 hours | Thyroid Stimulating Hormone (TSH) Thyroxine (FT4), Free Thyroxine (T4), Total Triiodothyronine (T3), Total Triiodothyronine (T3), Free |

For some assays, lipemia may interfere with analysis. When this occurs, the assay should be repeated after a 12 hour fast.