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Fasting before tests

Some laboratory tests require fasting before blood is drawn in order to allow correct medical interpretation of the results.

How to fast?

- A fasting-blood test is taken in the morning before eating, drinking or smoking.
- You are not allowed to eat starting from 10 PM a night before the test. Drinking water is allowed
- A day before the test you are allowed maximum 1 dose of light alcoholic beverage
- On the morning your blood is drawn the maximum amount of allowed exercise is 15 minutes of walking

List of lab test that require fasting

- C-peptide (fP-C-pept)
- Folate (fP-Fol)
- Gastrin (fS-Gastriin)
- Glucose (fP-Gluc)
- LDL-cholesterol (fP-LDL-Chol)
- Triglycerides (fP-Trigl)
- Glucose tolerance test (P-GTT)
- Lactose tolerance test (P-LTT)
- Activated protein C resistance (P-APC-R)
- Ammonium ion(P-NH4)