

# **UHS** UNIVERSITY HEALTH SERVICE

The University of Michigan  
Laboratory  
207 Fletcher Street  
Ann Arbor, Mi 48109-1050  
1-734-764-8305

## **Preparation for Fasting Tests**

You have had test/s ordered by your clinician which requires that you fast for 12-16 hours before the specimen is taken. The instructions for the fast are:

1. After 8:00 p.m. on the night preceding the test, please do not take any food or drink except water.
2. On the day of the test, do not eat, drink, chew gum, or engage in strenuous exercise before the test. Water is always permitted.
3. During the 12 to 16 hours of the fasting period, until after the blood is drawn, no more than four (4) cigarettes are permitted.
4. On the day of the test, please do not take any medications or other drugs before the test without consulting your clinician.
5. On the day of the test, please report to University Health Service Laboratory between 8:00 a.m. and 10:00 a.m. to have the specimens taken.

NOTE: Blood specimens are usually taken in the morning because most people are on a day schedule. Fasting from 4:00 a.m., for example, then doing a full complement of the day's activities before having the specimen collected at 4:00 p.m. could cause an alteration of the level of glucose or lipids. However, if you are not on a day schedule, (i.e. you work afternoon or midnight s), accommodations can be made to your schedule. Please mention your schedule to the receptionist.

**If you are an insulin dependent diabetic, follow the instructions given to you by your clinician.**

If you have any questions regarding these instructions, you are encouraged to ask the laboratory receptionists or technologists about them. You may either do this in person immediately after reading the instructions or call the laboratory (764-8304) between 8 am and 5 pm.

**THE TEST RESULTS WILL BE GIVEN TO YOUR CLINICIAN.**