



How to Prepare	<p>For ALL fasting tests:</p> <ul style="list-style-type: none"> • Have NOTHING to eat, chew (including gum or candy) or drink (except water) for the period specified in the chart below. • Prescription drugs are permitted, unless specific Patient Instructions were provided directing you otherwise. 																																																						
Tests Requiring Fasting	<table border="1"> <thead> <tr> <th data-bbox="280 384 683 422">Test</th> <th data-bbox="683 384 1523 422">Fasting Information</th> </tr> </thead> <tbody> <tr> <td data-bbox="280 422 683 489">Acylcarnitine Profile</td> <td data-bbox="683 422 1523 489">Minimum 4 hours. For newborns, specimen is collected just before next feed.</td> </tr> <tr> <td data-bbox="280 489 683 590">Amino Acids</td> <td data-bbox="683 489 1523 590">Minimum 4 hours. For newborns, specimen is collected just before next feed (unless requested as non-fasting by physician).</td> </tr> <tr> <td data-bbox="280 590 683 693">Beta-Carotene</td> <td data-bbox="683 590 1523 693">Fasting specimen preferred (minimum 10 hours). Do not consume alcohol or nutritional supplements within 24 hours. 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Random glucose testing does not require fasting.</td> </tr> <tr> <td data-bbox="280 1415 683 1451">Glucose Tolerance</td> <td data-bbox="683 1415 1523 1451">Minimum 8 hours, but not more than 16 hours</td> </tr> <tr> <td data-bbox="280 1451 683 1486">Homocysteine</td> <td data-bbox="683 1451 1523 1486">Fasting specimen preferred (8-12 hours)</td> </tr> <tr> <td data-bbox="280 1486 683 1554">Homocysteine (Pediatric), Total</td> <td data-bbox="683 1486 1523 1554">Minimum 4 hours For newborns, specimen is collected just before next feed.</td> </tr> <tr> <td data-bbox="280 1554 683 1589">Insulin</td> <td data-bbox="683 1554 1523 1589">8 hours</td> </tr> <tr> <td data-bbox="280 1589 683 1625">Lactose Tolerance</td> <td data-bbox="683 1589 1523 1625">Minimum 8 hours</td> </tr> <tr> <td data-bbox="280 1625 683 1726">Metanephrines - Plasma</td> <td data-bbox="683 1625 1523 1726">Fast and abstain from smoking tobacco for at least 4 hours before the specimen is collected. Water may be consumed during the fasting period.</td> </tr> <tr> <td data-bbox="280 1726 683 1793">3-Methylglutaconic and 3-Methylglutaric Acids</td> <td data-bbox="683 1726 1523 1793">Minimum 4 hours</td> </tr> <tr> <td data-bbox="280 1793 683 1860">Methylmalonic Acid</td> <td data-bbox="683 1793 1523 1860">Minimum 4 hours For newborns, specimen is collected just before next feed.</td> </tr> <tr> <td data-bbox="280 1860 683 1896">Pancreatic Polypeptide</td> <td data-bbox="683 1860 1523 1896">Overnight preferred</td> </tr> <tr> <td data-bbox="280 1896 683 1963">Pipelicolic Acid</td> <td data-bbox="683 1896 1523 1963">Minimum 4 hours For newborns, specimen is collected just before next feed.</td> </tr> <tr> <td data-bbox="280 1963 683 1999">Proinsulin</td> <td data-bbox="683 1963 1523 1999">12 hour fast</td> </tr> </tbody> </table>	Test	Fasting Information	Acylcarnitine Profile	Minimum 4 hours. For newborns, specimen is collected just before next feed.	Amino Acids	Minimum 4 hours. 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Electrophoresis, Lipoprotein	Minimum 12 hours	Fatty Acids, Very Long Chain	Minimum 4 hours Avoid peanut containing foods for 24 hours before collection. For newborns, specimen is collected just before next feed.	Gastrin	10 hours	Glucagon	Fasting specimen preferred (8-12 hours)	Glucose, Fasting	Minimum 8 hours, but not more than 16 hours. Random glucose testing does not require fasting.	Glucose Tolerance	Minimum 8 hours, but not more than 16 hours	Homocysteine	Fasting specimen preferred (8-12 hours)	Homocysteine (Pediatric), Total	Minimum 4 hours For newborns, specimen is collected just before next feed.	Insulin	8 hours	Lactose Tolerance	Minimum 8 hours	Metanephrines - Plasma	Fast and abstain from smoking tobacco for at least 4 hours before the specimen is collected. Water may be consumed during the fasting period.	3-Methylglutaconic and 3-Methylglutaric Acids	Minimum 4 hours	Methylmalonic Acid	Minimum 4 hours For newborns, specimen is collected just before next feed.	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S-Adenosylmethionine and S-Adenosylhomocysteine	Minimum 4 hours For newborns, specimen is collected just before next feed
Urea Breath Test	Minimum 4 hours
Vitamin A	Minimum 10 hour fast is recommended. Do not consume alcohol, or nutritional supplements containing Vitamin A within 24 hours of collection For newborns, specimen is collected just before next feed.
Vitamin B1	Minimum 10 hour fast is required. Do not consume alcohol, or nutritional supplements containing Vitamin B1 (thiamine) within 24 hours of collection. For newborns, specimen is collected just before next feed.
Vitamin B6	Minimum 10 hour fast is required. Do not consume alcohol, or nutritional supplements containing Vitamin B6 (pyridoxal, pyridoxine) within 24 hours of collection. For newborns, specimen is collected just before next feed.
Vitamin C	Minimum 10 hour fast is recommended. Do not consume alcohol or nutritional supplements containing Vitamin C (ascorbic acid) within 24 hours of collection. For newborns, specimen is collected just before next feed.
Vitamin E	Minimum 10 hour fast is recommended. Do not consume alcohol, or nutritional supplements containing Vitamin E within 24 hours of collection. For newborns, specimen is collected just before next feed.
Questions About Your Collection?	Laboratory location, hours and contact information may be found at: <ul style="list-style-type: none"> • www.albertaprecisionlabs.ca • Alberta Precision Laboratories at 1-877-868-6848 • Health Link Alberta at 811