


**How to  
Prepare**

For ALL fasting tests:

- 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**

Test	Fasting Information
Acylcarnitine Profile	Minimum 4 hours. For newborns, specimen is collected just before next feed.
Amino Acids	Minimum 4 hours. For newborns, specimen is collected just before next feed (unless requested as non-fasting by physician).
Beta-Carotene	Fasting specimen preferred (minimum 10 hours). Do not consume alcohol or nutritional supplements within 24 hours. For newborns, specimen is collected just before next feed.
Beta-Hydroxybutyrate	Minimum 8 hours is recommended for most testing purposes. For specific metabolic/endocrine testing requirements (as indicated by the ordering physician; ordered as "beta-hydroxybutyrate (metabolic disorders)"), either a fed or fasted specimen is acceptable.
Bile Acids	Fasting specimen preferred (8 hours)
Carnitine, Total and Free	Minimum 4 hours. For newborns, specimen is collected just before next feed.
Cryofibrinogen	Fasting specimen preferred (8-12 hours)
Cryoglobulin	Fasting specimen preferred (8-12 hours)
C-Telopeptide (CTx)	Fasting specimen preferred (8-12 hours)
7-Dehydrocholesterol	Minimum 4 hours. For newborns, specimen is collected just before next feed.
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.
Pancreatic Polypeptide	Overnight preferred
Pipecolic Acid	Minimum 4 hours For newborns, specimen is collected just before next feed.
Proinsulin	12 hour fast



	<b>Test</b>	<b>Fasting Information</b>
	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.
<b>Questions About Your Collection?</b>	Laboratory location, hours and contact information may be found at: <ul style="list-style-type: none"><li>• <a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a></li><li>• Alberta Precision Laboratories at 1-877-868-6848</li><li>• Health Link Alberta at 811</li></ul>	