

How to Prepare	For ALL other fasting tests: <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, for the test you are having performed. • Prescription drugs are permitted, unless specific Patient Instructions were provided directing you otherwise. 	
Tests Requiring Fasting	Test	Length of Fast
	Acylcarnitine Profile	Minimum 4 hours, or before to next feed for newborns
	Amino Acids	Minimum 4 hours, or just before next feed for newborns (unless requested as nonfasted by physician)
	Beta-Carotene	Fasting specimen preferred (minimum 10 hours) with no alcohol or nutritional supplements within 24 hours. Just before next feed for newborns
	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, or just before next feed for newborns
	Cryofibrinogen	Fasting specimen preferred (8-12 hours)
	Cryoglobulin	Fasting specimen preferred (8-12 hours)
	CTx (C-Terminal Teloptides)	Fasting specimen preferred (8-12 hours)
	7-Dehydrocholesterol	Minimum 4 hours, or just before next feed for newborns
	Electrophoresis, Lipoprotein	Minimum 12 hours
	Fatty Acids, Very Long Chain	Minimum 4 hours, or just before next feed for newborns; avoid peanut containing foods for 24 hours before collection
	Gastrin	12 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, or just before next feed for newborns
	Insulin	8 hours
	Lactose Tolerance	Minimum 8 hours
	Metanephrines - Plasma	Minimum 4 hours, including no smoking tobacco
	3-Methylglutaconic and 3-Methylglutaric Acids	Minimum 4 hours
	Methylmalonic Acid	Minimum 4 hours, or just before next feed for newborns
	Pancreatic Polypeptide	Overnight preferred
	Pipelicolic Acid	Minimum 4 hours, or just before next feed for newborns
	Proinsulin	Fasting specimen preferred (8-12 hours)
	S-Adenosylmethionine and S-Adenosylhomocysteine	Minimum 4 hours, or just before next feed for newborns
	Urea Breath Test for Helicobacter pylori	Minimum 4 hours



	Test	Length of Fast
	Vitamin A	Minimum 10 hours. No alcohol or nutritional supplements within 24 hours. Just before next feed for newborns
	Vitamin E	Minimum 10 hours. No alcohol, foods or nutritional supplements containing Vitamin E within 24 hours. Just before next feed for newborns
	Xylose Tolerance	10 hours (9 hours if diabetic)
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	