



FASTING INSTRUCTIONS

Blood Chemistry Testing

Dr. Donna F. Smith

If you are unable to have your blood collected within five working days from receiving your Blood Chemistry Lab Requisition by e-mail, please contact our office immediately in order to prevent delays in processing your Clinical Nutrition Analysis.

1. **Fast for 14 hours.** The most convenient way to fast is to eat supper by 6 p.m. the night before and then do not eat, chew gum, or drink beverages until the blood is drawn the next morning, shortly after 8 a.m. You may have water until midnight. After midnight, you will not have anything by mouth until your blood drawn.
2. **Alcohol** ingestion within 24 hours will interfere with the accuracy of cholesterol, Triglycerides, GGPT and CPK. Therefore, avoid alcohol at least 24 hours before having blood drawn.
3. **Drugs** will interfere with the accuracy of most blood tests. If at all possible, refrain from taking medications during the 14-hour overnight fast. Any drugs taken during the fasting period should be communicated to our office for consideration when interpreting the results. However, for best test results, please avoid all drugs during the 14-hour overnight fast until the blood has been drawn.
4. Many physicians and laboratories do not enforce these restrictions. We recommend that they be adhered to so that the testing results will be as accurate as possible. Therefore, **please disregard the fasting instruction recommended by the Lab or any other source.** Re-testing comparison evaluations will be more valid when the same fasting procedures are followed each time your blood is drawn.
5. The following blood tests are not part of the Comprehensive Nutritional Blood Chemistry Analysis (CNBCA) and therefore, you may skip these instructions, unless these tests are being ordered in addition to the CNBCA. There is a separate fee for the following tests. If having blood drawn through your physician, we recommend that you request the following tests, if these are not included on our standard list of blood tests.
 - a. **CPK:** Increased strenuous exercise performed within 24 hours will interfere with the accuracy of the CPK.
 - b. **Magnesium (Mg):** If Magnesium is to be tested, do not take Epsom salts (magnesium sulfate) or Milk of Magnesia for at least three (3) days before blood sample is drawn.

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that we must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.