

REQUIRED FASTING TESTS

Patient is required to fast prior to blood draw. See other side for list of recommended tests.

| Test ID | Test Name | Fasting Info |
|------------|--|---------------------------------|
| LAB712 | Acylcarnitines, Quantitative, Plasma | Required Prior to Feeding* |
| LAB8110 | Amino Acids, Quantitative, Plasma | Required 4 hours* |
| LAB874 | Ascorbic Acid (Vitamin C), Plasma | Required Overnight 12-14 hours* |
| LAB3295 | Bacterial Overgrowth, Breath Test | Required 12 hours* |
| LAB1230506 | Bile Acids, Fractionated and Total, Serum | Required 12-14 hours |
| LAB7020 | Carotene, Beta | Required Overnight 12-14 hours* |
| LAB3151 | Coenzyme Q10, Reduced and Total, Plasma | Required 8 hours |
| LAB734 | Complement C1q, Serum | Required 8 hours |
| LAB1230624 | Copeptin proAVP, Plasma | Required 8 hours* |
| LAB872 | Fatty Acid Profile, Peroxisomal (C22-C26), Serum | Required 12-14 hours* |
| LAB1230708 | Free Fatty Acids, Total, Serum | Required Overnight 12-14 hours* |
| LAB80 | Gastrin, Serum | Required 8 hours * |
| LAB784 | Glucagon, Plasma | Required 8 hours |
| LAB1230102 | Glucose Tolerance, 2 hour test, 75g (Non-Gestational) | Required 8 hours |
| LAB1230278 | Glucose Tolerance, 2 hour test, 75g (Gestational Diabetes) | Required 8 hours |
| LAB1230091 | Glucose Tolerance, 3 hour test, 100g (Gestational Diabetes Diagnostic) | Required 8 hours |
| LAB81 | Glucose, Fasting Blood Level | Required 8 hours |
| LAB1230537 | Growth Hormone Panel | Required 8 hours |
| LAB1230035 | Insulin, Free and Total, Serum | Required 8 hours* |
| LAB8570 | Intrinsic Factor Blocking Antibody | Required 8 hours* |
| LAB3097 | Lactose Intolerance, Breath Test | Required 12 hours* |
| LAB1230522 | Nuclear Magnetic Resonance Lipoprotein Profile, Serum | Required 12-14 hours* |
| LAB848 | Pancreatic Polypeptide, Plasma | Required 8 hours |
| LAB3170 | Pipecolic Acid, Serum | Required 12 hours* |
| LAB1230049 | Proinsulin, Plasma | Required 8 hours* |
| LAB120 | Pyridoxal 5-Phosphate, Plasma (Vitamin B6) | Required Overnight 12-14 hours* |
| LAB1230538 | Random Growth Hormone | Required 8 hours |
| LAB3216 | Riboflavin (Vitamin B2), Plasma | Required Overnight 12-14 hours* |
| LAB848 | Somatostatin (Somatotropin Release-Inhibiting Factor, SRIF) | Required 10-12 hours* |
| LAB10164 | Vasoactive Intestinal Polypeptide, Plasma | Required 8 hours |
| LAB580 | Vitamin A Blood Level | Required 12-14 hours* |
| LAB3609 | Vitamin B1 Blood Level | Required 12-14 hours |
| LAB1230858 | Vitamin B3 and Metabolites, Plasma | Required 4-8 hours* |
| LAB130 | Vitamin E Blood Level | Required 12-14 hours* |
| LAB3334 | Vitamin K1 Blood Level | Required 8 hours* |

*Additional information in catalog regarding medications or additional fasting information

Corewell Health recommends no caloric or caffeine intake for 8-12 hours prior to testing. Do not eat or drink anything except normal amounts of plain water. Fasting also includes no smoking, vaping, chewing gum, candy, cough drops, coffee, tea, etc. Some tests also require no alcoholic beverages for 24-48 hours prior to testing.

Take normal dosages of medications, unless your provider has instructed otherwise.

Failure to fast properly prior to testing may cause inaccurate test results and may lead to improper diagnosis or treatment.

This handout does not take the place of a discussion with your health care team.

Discuss any questions or concerns you may have with your health care team

Recommended fasting patient prior to blood draw

See other side for list of REQUIRED fasting tests

| Test ID | Test Name | Fasting Info |
|------------|---|--|
| LAB220 | Anti-DNase B Titer, Serum | Recommended |
| LAB3656 | Beta CTX-1 (Cross Laps) | Recommended |
| LAB733 | C1 Esterase Inhibitor Antigen, Serum | Recommended |
| LAB1230884 | C1 Esterase Inhibitor, Functional, Serum | Recommended |
| LAB153 | C2 Complement, Functional, with Reflex, Serum | Recommended |
| LAB848 | C5 Complement, Antigen, Serum | Recommended |
| LAB3562 | C5 Complement, Functional, Serum | Recommended |
| LAB521 | C-Peptide Level | Recommended |
| LAB3164 | Fatty Acid Profile, Essential, Serum | Recommended * |
| LAB69 | Folate, Blood Level | Recommended * (8 hours) |
| LAB1230060 | Ganglioside GQ1b Antibody (IgG), EIA | Recommended Overnight Fasting (12 hours) |
| LAB800 | Immunoglobulin D (IgD), Serum | Recommended |
| LAB527 | Insulin Level | Recommended |
| LAB18 | Lipid Panel | Recommended |
| LAB2111122 | Lipid Panel, LDL Cholesterol Direct if Trigs >400 | Recommended |
| LAB1230573 | Monoclonal Gammopathy Screen | Recommended |
| LAB1230849 | Mannan Binding Lectin Complement Pathway, Functional, Serum | Recommended * |
| LAB1230524 | P1NP (Procollagen 1 Intact N-Terminal Propeptide) | Recommended |
| LAB2111147 | Platelet Aggregation Studies | Recommended * |
| LAB844 | Protein Electrophoresis, Serum, IFE if Indicated | Recommended |
| LAB133 | Transferrin, Blood Level | Recommended |
| LAB134 | Triglycerides, Blood Level | Recommended |
| LAB7650 | Viscosity, Serum | Recommended |
| LAB67 | Vitamin B12 Blood Level | Recommended |

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