



Fasting Instructions for Laboratory Testing (8-12 hour fast)

How long should I fast?

If your provider does not specify how long, it is recommended to fast for 8-10 hours prior to a blood draw. Do not fast for longer than 14 hours unless specifically instructed to do so.

Please feel free to call the Laboratory at (970)463-6180 if you are unsure if fasting is necessary! Any of our staff are happy to help.

Common tests that require fasting:

- Lipid Panel (Cholesterol and Triglycerides)
- Fasting glucose
- Comprehensive Metabolic Panel (CMP) Fasting NOT always required.
- Insulin testing

What you may have during fasting:

- Plain water (recommended!!!)
- Small amounts of water to take medications (unless instructed otherwise)

What to AVOID:

- Food of any kind
- Coffee (including black coffee)
- Tea
- Juice
- Soda or energy drinks
- Milk or creamer
- Alcohol
- Gum or mints
- Smoking/vaping (if possible)

Medication instructions:

- Continue medications unless instructed otherwise.
- If you take insulin or diabetes medication, contact your provider before fasting.
- Do not stop critical medications without medical advice.

Instructions for diabetic patients:

- Monitor blood glucose as directed.
- Bring glucose tablets or a snack to eat after your blood draw.
- Notify laboratory staff if you feel dizzy, shaky, or unwell.

If you accidentally eat or drink:

If you consume anything other than water during your fasting period, contact the laboratory or your healthcare provider to see if testing should be postponed.