



## Patient Preparation Instructions – Fasting Information

### Fasting samples

Fasting is only required if specifically requested by your physician for general tests (glucose or lipid testing), if marked on the requisition or for special testing as covered below. For Gestational (pregnancy) screens and tests, please see next page.

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| <b>Fasting Information (not pregnant)</b> | <ul style="list-style-type: none"> <li>• Do not eat anything for at least 8h before the test</li> <li>• Do not exceed 12h fast</li> <li>• Do not drink any juice, tea or coffee. You are allowed to drink water, only for thirst</li> <li>• Do not smoke, chew gum or exercise. This may stimulate the digestive system and alter test results.</li> <li>• After specimen is collected, you may resume your normal diet.</li> </ul>  |
| <b>Glucose Tolerance Tests (GTT)</b>      | <p>Please follow the above fasting information</p> <ul style="list-style-type: none"> <li>• A blood sample is taken when you arrive for the test. This is your fasting blood glucose value. It will be compared to other values</li> <li>• You will drink a small cup of very sweet liquid that contains 50, 75 or 100 grams of glucose</li> <li>• You will have more blood tests over 1 to 3 hours</li> <li>• Since activity can affect test results, you will be asked to sit quietly in the laboratory for the duration of the test.               <ul style="list-style-type: none"> <li>○ Do not eat during the test</li> <li>○ You may drink water during this time</li> </ul> </li> </ul> |
| <b>Lactose Tolerance</b>                  | <ul style="list-style-type: none"> <li>• Please follow the above fasting information</li> <li>• A blood sample is taken when you arrive for the test. This is your fasting blood glucose value. It will be compared to other values</li> <li>• You will drink a small cup of liquid that contains lactose</li> <li>• You will have more blood tests every 30 minutes for 2 hours</li> <li>• Since activity can affect test results, you will be asked to sit quietly in the laboratory for the duration of the test.</li> <li>• Lactose may cause gas or pain in your belly</li> </ul>   |

**If you have any questions please call the Island Health Laboratory Call Center @ 250-370-8355 or Toll Free at 1-866-370-8355**



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### Gestational Diabetes Testing – potential fasting required

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| <b>Gestational (Pregnancy) Diabetes Screen</b>       | <p>This test can be done without fasting, if your doctor has asked you to fast follow those instructions.</p> <ul style="list-style-type: none"><li>• Please do not eat immediately before your appointment</li><li>• You will drink a small cup of very sweet liquid that contains 50 grams of glucose</li><li>• Be prepared to stay at the lab for the duration of the test (approximately 1.5 hours)</li></ul>  |
| <b>Fasting Information (while pregnant)</b>          | <ul style="list-style-type: none"><li>• Do not eat anything for at least 6h if pregnant before the test</li><li>• Do not exceed 8 h fast if pregnant</li><li>• Do not drink any juice, tea or coffee. You are allowed to drink water, only for thirst</li><li>• Do not smoke, chew gum or exercise. This may stimulate the digestive system and alter test results.</li><li>• After specimen is collected, you may resume your normal diet.</li></ul>  |
| <b>Gestational Glucose Tolerance Test (Gest GTT)</b> | <p>Please follow the above fasting information</p> <ul style="list-style-type: none"><li>• A blood sample is taken when you arrive for the test. This is your fasting blood glucose value. It will be compared to other values</li><li>• You will drink a small cup of very sweet liquid that contains 75 grams of glucose</li><li>• Be prepared to stay at the lab for the duration of the test (approximately 2.5 hours)</li><li>• Since activity can affect test results, you will be asked to sit quietly in the laboratory for the duration of the test.<ul style="list-style-type: none"><li>○ Do not eat during the test</li><li>○ You may drink water during this time</li></ul></li></ul> |

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