



Instructions:

If you are asked to fast for your test:

1. Do not eat anything for a minimum of 8-10 hours.
2. Do not drink any juice, tea or coffee. You are allowed to drink water.
3. You should continue to take your medicines unless your doctor tells you not to.
4. Do not smoke, chew gum, or exercise. These activities may stimulate the digestive system and alter test results.
5. After the specimen is collected, you may resume your normal diet.

Fasting Labs

FBS (fasting blood sugar)

Lipids (Cholesterol)

BMP (Basic Metabolic Panel or Chem 7)

CMP (Complete Metabolic Panel or Chem 14)

C-Peptide

Insulin Level

This list includes the most popular labs