



Instruction

Patients' awareness about the proper method of sample collection

The method of fasting for the tests

The following tips are provided to help respected patients and clients regarding the proper sample collection for the tests requested by respected doctors. Being fasted for specified time for some tests such as fasting blood glucose, triglycerides, etc. is necessary due to the fact that eating can lead to changes in the values of the test. If the laboratory doctor or the receptionist asks you to be fasted for the tests, please observe the following items:

Do not eat and drink (except water) for eight hours before going to the lab. The recommended period of fasting is better to be at night when the physical activities are minimized and natural values have been determined in morning samples.

- ❖ If the tests of blood fats such as triglycerides, cholesterol, HDL and LDL are requested, the duration of fasting is at least 12 hours.
- ❖ Avoid drinking fruit juices, tea and coffee during the fasting, but drinking water is permissible unless the water restriction is advised by the doctor.
- ❖ During the fasting, avoid smoking, chewing gum and doing exercises. This may cause gastrointestinal irritation and changes in the test results.
- ❖ After sampling, you can start your normal diet and daily activities.