



Clinical Laboratory Frequently Asked Questions:

Question: *Why am I being asked if I am fasting or not fasting?*

Answer: When a physician is reviewing your laboratory results, he/she needs to know if you have had any food prior to the collection of your sample. Consuming food prior to a blood draw can affect results of some tests. When we ask you this question, we place this information on the report that is sent to your physician.

Question: *Why have I been asked to return for testing when I am not fasting?*

Answer: At least one of the tests your physician has requested require a patient to have had no food for at least 8-12 hours prior to a blood collection. We want to provide the physician the most accurate results and this requires you to fast before collecting your specimen.

Question: *How long must I fast in order to have blood work?*

Answer: At least 8-12 hours. Stop eating after your evening meal.

Question: *May I drink before having blood work?*

Answer: You must **NOT** drink any soft drinks/juices/milk/alcohol 8-12 hours prior to a blood collection. You may drink as much water as you would like. The more water you drink, the more hydrated you are and this helps in the collection of blood or urine sample.

Question: *May I drink coffee before having blood work?*

Answer: You may have black coffee **ONLY**. No cream or sugar.

Question: *Why am I being directed to the Laboratory Draw Site at the Hospital instead of the location closer to my home?*

Answer: At least one of the tests your physician has requested requires special handling in order to preserve the integrity of the specimen and provide the most accurate result. For this reason, collection of the specimen at the Main Hospital will ensure the specimen will be processed immediately in the Main Lab to preserve that required integrity.

Any additional questions, please contact the
Beebe Healthcare Clinical and Anatomic Pathology Lab Client Support

302-645-3241

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