



Preparing for your Biometric Screening

Test results are based on FASTING

FASTING RECOMMENDATIONS

Fasting is important because what you eat may change test results. There will be a change in your blood cholesterol and levels of triglycerides if you have the lab work done after eating something. Similarly, if you eat sugar before getting your blood sugar tested, you will get inaccurate reading.

- It is important that you do not eat or drink anything but water. You should not eat anything at least 8 hours prior to your test. It is important to fast for at least 12 hours. Water is allowed though.
- You should not chew gum, smoke, or exercise before your test because all these activities can stimulate your digestive system and affect test results.
- Avoid alcohol for at least 24 hours before your test.
- You can take prescription medications unless your doctor advises against it. Certain medications, especially birth control pills can change your cholesterol levels.

It is important to note that you should fast for at least 8-12 hours but avoid fasting beyond 14 hours because it will have a negative effect on the results. Just be sure to drink plenty of water to stay hydrated.