



It is recommended that you fast for 8 hours before your biometric screening appointment time but a minimum of 6 hours is required to ensure accurate results. Please refer to the chart below for guidance on when you should eat in relation to your appointment time in order to fast.

**PLEASE NOTE THAT MEDICATIONS AND WATER ARE PERMITTED WHILE FASTING.**

<b>FASTING GUIDELINES</b>	
<b>Fasting: Nothing to eat or drink 6-8 hours prior to your blood work</b> <b>Exceptions to this include: water and black coffee only</b> <b>Suggested Guideline for Fasting is 6-8 hours prior to appointment time</b>	
<b>APPOINTMENT TIME</b>	<b>DO NOT EAT OR DRINK AFTER THE TIME BELOW ON THE DAY OF YOUR APPT</b>
7:00 am	1:00 am
7:15 am	1:15 am
7:30 am	1:30 am
7:45 am	1:45 am
8:00 am	2:00 am
8:15 am	2:15 am
8:30 am	2:30 am
8:45 am	2:45 am
9:00 am	3:00 am
9:15 am	3:15 am
9:30 am	3:30 am
9:45 am	3:45 am
10:00 am	4:00 am
10:15 am	4:15 am
10:30 am	4:30 am
10:45 am	4:45 am
11:00 am	5:00 am
11:15 am	5:15 am
11:30 am	5:30 am
11:45 am	5:45 am
12:00 pm	6:00 am
12:15 pm	6:15 am
12:30 pm	6:30 am
12:45 pm	6:45 am
1:00 pm	7:00 am
1:15 pm	7:15 am
1:30 pm	7:30 am
2:00 pm	8:00 am

2: 15 pm	8: 15 am
2: 30 pm	8: 30 am
2: 45 pm	8: 45 am
3: 00 pm	9: 00 am
3: 15 pm	9: 15 am
3: 30 pm	9: 30 am
3: 45 pm	9: 45 am
4: 00 pm	10: 00 am
4: 15 pm	10: 15 am
4: 30 pm	10: 30 am
4: 45 pm	10: 45 am
5: 00 pm	11: 00 am
5: 15 pm	11: 15 am
5: 30 pm	11: 30 am
5: 45 pm	11: 45 am
6: 00 pm	12: 00 pm
6: 15 pm	12: 15 pm
6: 30 pm	12: 30 pm
6: 45 pm	12: 45 pm
7: 00 pm	1: 00 pm