



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.

FASTING GUIDELINES	
Fasting: Nothing to eat or drink 6-8 hours prior to your blood work Exceptions to this include: water and black coffee only Suggested Guideline for Fasting is 6-8 hours prior to appointment time	
APPOINTMENT TIME	DO NOT EAT OR DRINK AFTER THE TIME BELOW ON THE DAY OF YOUR APPT
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