



## List of tests requiring fasting

Test	Test fasting duration	Comment
Delta-aminolevulinic acid dehydratase	12 hours	No alcohol for 24 hours before the exam
Folic acid (Folate)	8 hours	
Pyruvic acid	8 hours	At rest for 4 hours
Iron balance	8 hours	
Lipid balance (Cholesterol, LDL, HDL, Triglycerides)	12 hours	48 hours without alcohol
Plasma catecholamines	8 hours	
Complement (other fractions)	8 hours	
Complement C1 (functional C1)	8 hours	
Complement C2 (functional C2)	8 hours	
C-Peptide	8 hours	
Serum C-telopeptide	12 hours	
D-xylose	8 hours	Fast for 4 hours for a child
Lactose test	12 hours	
Gastrin	8 hours	
GH (Growth hormone)	8 hours	
Fasting glucose	8 hours	
Homocysteine	8 hours	
Insulin and C-peptide	8 hours	
Lipoprotein lipase	8 hours	
Methotrexate	8 hours	
Alkaline phosphatase	8 hours	
Phosphorus	12 hours	
Proinsulin	8 hours	
Prolactin	12 hours	
Serum telopeptide (C-Telopeptide)	8 hours	
Thiocyanates	12 hours	
Tryglycerides	12 hours	
Vitamin A	8 hours	
Vitamin C	12 hours	
Vitamin E	12 hours	