

Triglycerides

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about testing for triglycerides?

This test requires a 14 hour fast prior to testing for triglycerides

- Fasting means that you should not have anything to eat or drink, (except a little water and any medicine that has been ordered for you). Although, your doctor may instruct you not to take your medicine.
- Fasting includes not chewing gum, even the sugarless variety. Smoking and exercise may also affect your test

For additional health information
contact the Health Information Center at (918) 494-1080