

FASTING STATUS CHEAT SHEET

F29

Please be sure to record the time since the participant last had anything to eat or drink (F29, Question A3) and circle the correct fasting status in Question A4. Concordance between these two questions will reduce edits.

A participant will be considered fasting if she has had nothing to eat or drink, other than water, during the eight hours prior to phlebotomy. If necessary, she may also take any medications, with water only, and still be considered fasting.

If the blood draw occurs at:	Then the last time the participant ate/drank must be on or before:
7:00 AM	11:00 pm of the prior evening
8:00 AM	12:00AM or Midnight
9:00 AM	1:00 AM
10:00 AM	2:00 AM
11:00 AM	3:00 AM
12:00 PM	4:00 AM
1:00 PM	5:00 AM
2:00 PM	6:00 AM
3:00 PM	7:00 AM
4:00 PM	8:00 AM
5:00 PM	9:00 AM
6:00 PM	10:00 AM
7:00 PM	11:00 AM
8:00 PM	12:00 PM or Noon today
9:00 PM	1:00 PM today