

Fasting for Biometric Screening

Wondering how to prepare for a biometric screening? **The fasting period prior must occur 9 to 12 hours prior to the test.** If you tend to need to eat food frequently due to a health condition, choose the 9 hour fast. Fasting overnight is always the easiest way to accomplish this, so book the earliest available screening appointment.

Fasting for biometric screening is important for achieving accurate numbers. The test takes information regarding your body's sugar and lipid values, which are both affected by food and drink consumption. By fasting, you receive more accurate measures of your blood sugar and lipid levels.

When required to fast for biometric screening, this allows two additional cholesterol levels to be measured: LDL and triglyceride levels. These levels can help determine your risk of developing heart disease.



When learning about biometric screening, fasting water is typically the first item people ask about. It's actually okay to water – but that's all!

Again, all other food and drinks are off limits once the 9 to 12 hours prior to testing has begun.

Have a healthy snack with you for immediately afterward. This is especially important if you tend to have lower blood sugar levels and need a steady supply of nutrients to sustain you. Bring a banana and boiled egg for immediately after your test. The banana will provide instant energy with from beneficial spike in blood sugar, while the egg will provide more prolonged energy from the protein, which aids the movement of oxygen through your blood.

While it may seem inconvenient, fasting for biometric screening is an important part of obtaining accurate readings on your overall health.