



PATIENT FASTING SCHEDULE & PHLEBOTOMY SPECIMEN TIMING WALL CARD

Clinical Laboratory, Nursing Stations, Outpatient Triage & Phlebotomy Guide • Uniform Schedule Aligned with F-QM-PRE-001-A-V0

TEST NAME / EKSAMEN	FASTING DURATION	LAST MEAL (URHI NGA PAGKAON)	BLOOD DRAW WINDOW (PAGKUHA HIN DUGO)	WATER ALLOWED?
FBS Ia (Fasting Blood Sugar only)	8–12 hours (water-only)	9:00 PM (9:00 han gab-i)	6:00–9:00 AM han aga	YES (Tubig Ia)
Lipid Profile (Chol, Trig, HDL, LDL)	9–12 hours (water-only)	9:00 PM (9:00 han gab-i)	6:00–9:00 AM han aga	YES (Tubig Ia)
FBS + Lipid Profile (Combined)	9–12 hours (same as Lipid)	9:00 PM (9:00 han gab-i)	6:00–9:00 AM han aga	YES (Tubig Ia)
Non-Fasting Routine Chemistries (RBS, BUN, Creatinine, BUA, ALT, AST, Electrolytes, HbA1c)	Non-fasting (Regular diet / avoid fatty meal)	Routine / as scheduled	Anytime during lab operating hours (STAT given immediate priority)	YES
Hematology, Serology, Clinical Microscopy (CBC, Blood Typing, Dengue, HBsAg, Urine, Stool)	Non-fasting	Routine / as scheduled	Anytime during lab operating hours	YES

PAHIBALO PARA HA PAG-FASTING (PATIENT FASTING INSTRUCTIONS)

Verbatim from F-QM-PRE-001-A-V0 Request Form Back

1. **Ayaw pagkaon o pag-inom hin bisan ano gawas han tubig** tikang han oras nga nakasurat ha igbaw (9:00 PM para han FBS, Lipid Profile, o FBS + Lipid Profile) tubtob nga makuhaan ka hin dugo.
2. **Puydi an tubig. Diri puydi an kape, tsa, gatas, juice, softdrinks, ngan alak.**
3. **Ayaw pagtabako** ngan ayaw pagnguya hin bubblegum o kendi.
4. **Kon may gin-iinom ka nga bulong**, pakiana anay an imo doktor kon puydi ini inumon antes han pagkuha hin dugo.
5. **Dad-a ini nga request form** ngan umabot ha laboratoryo hin **6:00 tubtob 9:00 han aga**.
6. **Kon tikang ka ha isla o harayo nga lugar**, sumati dayon an Medical Technologist kon ano nga oras ka urhi nga nagkaon.

PHLEBOTOMIST & NURSE VERIFICATION PROTOCOL

- **Active Verbal Verification:** Always ask the patient: “*Ano nga oras ka urhi nagkaon o uminom hin bisan ano gawas han tubig?*” (Do NOT ask leading questions like: “*Nag-fasting ka, tama?*”).
- **Calculate Elapsed Fasting Hours:** Calculate exact hours between last caloric ingestion and needle insertion.
- **Document on Request Form:** Record exact fasting hours on [F-QM-PRE-001-A-V0](#) (Fasting: [x] Yes, ____ hrs).
- **Island / Remote Patient Consideration:** Patients arriving from islands or remote barangays after 8:00 AM may be drawn provided elapsed fasting does not exceed 14 to 16 hours. If fasting > 16 hours, consult physician before drawing.

WARD PHLEBOTOMY & STAT EXCEPTIONS

- **Inpatient Ward Fasting Rounds:** Inpatient fasting phlebotomy rounds commence at **6:00 AM to 7:00 AM** to ensure morning fasting specimens are harvested within the validated window (8–12 hours for FBS; 9–12 hours for Lipid Profile) before patient breakfast is served.
- **Outpatient Fasting Extraction:** Outpatient extraction runs from **6:00 AM to 9:00 AM**.
- **STAT Physician Override:** If attending physician orders an analyte STAT despite non-fasting status, extract specimen and document: “*NON-FASTING / STAT per Dr. [Name]*” on requisition and analytical report.
- **Post-Prandial Glucose (2-hr PPBS):** Timer begins precisely at the *first bite* of the prescribed meal or glucose drink, not the end of the meal. Phlebotomy performed exactly at 120 minutes.

STOP • PROLONGED FASTING

Warning on Fasting Beyond 16 Hours: Excessive fasting alters metabolism, induces starvation ketosis, elevates free fatty acids, increases serum bilirubin, and can cause reactive hypoglycemia. If fasting exceeds 16 hours, consult the attending physician or document elapsed hours prominently on the request form and report.

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