Subject: Health exams
Posted by Drury on Tue, 01 Nov 2011 15:21:19 GMT
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So I have to have a routine physical, and that includes blood work I have to fast for. I can understand the no food rule, but what's with the coffee ban for ten hours before the testing? That's just plain cruel!

Subject: Re: Health exams
Posted by Kripes on Wed, 02 Nov 2011 13:58:59 GMT
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I'm no expert but whenever my husband has his regular cholesterol blood test they always say NOTHING to eat or drink apart from water for twelve hours before the test, so I'm assuming that they don't want any substance in the blood to cloud the findings.

Subject: Re: Health exams
Posted by gofar99 on Wed, 02 Nov 2011 16:56:45 GMT
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Hi, There are worse things, the stuff you have to do for an upper and lower GI scoping is The local terminology for it is a double dip. Such humor. Ugh.

Subject: Re: Health exams
Posted by DJ Dave on Tue, 15 Nov 2011 20:22:46 GMT
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The coffee part kills me, too! I don't care about the food, because I rarely eat breakfast, anyway. I try to make those appointments as early as possible, so I don't have to go to long without my morning Joe!

Subject: Re: Health exams
Posted by Aki on Wed, 16 Nov 2011 18:13:16 GMT
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I've had the test done both with fasting and without. Numbers seem to get worse without fasting. I even had coffee too.

Seems to make sense, since my independent research shows my cholesterol level varies directly in relation to the amount of microbrew ale and pub food I ingest.

Subject: Re: Health exams
Posted by mixinlady on Mon, 30 Apr 2012 19:23:47 GMT
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Because having coffee affects the test results, that's why. Unless maybe if you opt for decaf (crazy talk, I know). Just schedule your appointment first thing in the morning and get a full night's rest, and you'll be fine.