

核心檢驗科檢驗禁食說明 Fasting Instructions

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為何要空腹禁食

Why should I fast before a blood test ?

檢驗項目會隨著食物的攝取而有所波動。而造成暫時性增加或減少，影響結果判讀。為了幫助醫師診斷，使您獲得更好的醫療品質，敬請配合。

Some tests like blood sugar will be affected after meal intake. To help provide you with the best medical care and accurate test results, please follow the instructions below.



空腹注意事項:

一、 空腹時間：一般來說空腹至少六小時，乃指檢驗時間往前推六小時開始禁食。

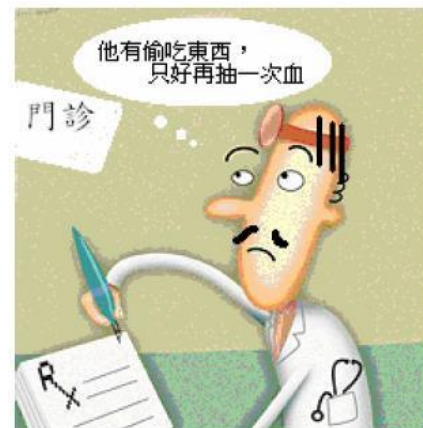
Fasting interval: Do not eat anything 6 hrs prior to your scheduled or anticipated blood draw time.

二、 空腹期間請勿進食(但可正常喝水)，請勿喝含糖或酒精飲料

You could drink water as usual during these 6 hrs, but no other beverages that contain sugar or alcohol.

三、 檢驗完即可開始進食

You may resume your regular diet after the blood test.



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We are always glad to hear from you and wish to offer any assistance you require.

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