

<b>DATE:</b>	8 June 2026
<b>TO:</b>	All Zones: All Healthcare Professionals and Providers
<b>FROM:</b>	Alberta Precision Laboratories (APL)
<b>RE:</b>	<b>Provincial Standardization on Handling Glucose-related Tests Based on Patient Fasting Status</b>

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### Key Message

- Effective June 15, 2026, APL will only perform the ordered glucose-related tests in accordance with patient's fasting status at the time of collection.
- A standardized provincial procedure will be implemented across APL to manage situations where a patient presents to a collection site with a fasting status that is discordant with the order for glucose-related tests.
- When more than two glucose-related tests are ordered together or when ordered alongside Glucose, Random, the orders may conflict with fasting requirements and the patient's actual fasting status
- If patient's fasting status does not meet the required criteria (minimum of 8 hours fasting), blood collection for fasting-dependent glucose tests will not proceed.
  - In community settings, patients will be asked to return later when fasting requirements are met.

### Background

- There are currently significant variations across APL sites in how discordant fasting / test order situations are managed for Glucose, Fasting. This inconsistency results in variable patient experience and a lack of standardization in practice.
- Non-AHS Community Physician Advisory Group (NACPAG) endorsed laboratories following the physician's test orders for glucose-related tests and ensure the appropriate fasting requirement is met.
- This standardized approach will ensure consistent expectations for patients and healthcare providers, clear and predictable collection practices, and improved patient safety and experience.

### How this will impact you

- Clearly communicate fasting requirements to patients when ordering glucose-related tests.
- Avoid ordering fasting glucose with random glucose.
- Be aware that collection will only proceed when fasting criteria are met, and patients may need to return if requirements are not satisfied.

### Action Required

- Review and ensure appropriate ordering of glucose-related tests.
- Educate patients on fasting requirements (minimum 8 hours) prior to attending collection sites.
- Inform patients that testing may be deferred if requirements are not met.



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**Inquiries and feedback may be directed to**

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**This bulletin has been reviewed and approved by**

- Dr. Carolyn O'Hara, Chief Medical Laboratory Officer, APL