

Frequently Asked Questions (FAQs) for Non-Fasting Health Screening:

1. Is non-fasting health screening accurate?

Yes, non-fasting health screening has been found to be accurate, reliable and provides comparable results to fasting health-screenings.

According to a [study](#), minimal differences were found in test results whether individuals had fasted or not, even among patients with high cholesterol. For diabetes screening, HbA1c is also an accurate non-fasting test which measures the amount of blood sugar attached to red blood cells.

2. If non-fasting health screening does not affect the accuracy of screening tests, why was fasting required previously?

Historically, fasting was thought to provide more accurate results for certain screenings, especially glucose and cholesterol tests. However, recent studies ^{[1][2]} have debunked this assumption.

3. Will choosing a non-fasting option result in more tests?

The HbA1c blood glucose test and non-fasting cholesterol tests are appropriate alternatives to fasting tests as a first-step screening test. If your HbA1c blood glucose test or cholesterol levels are abnormal in non-fasting tests, additional fasting tests may be recommended for validation and diagnosis.

4. Is everyone suitable for non-fasting health screening?

Individuals with conditions such as anaemia or a history of high triglyceride levels may not be suitable for non-fasting screenings. If your health screening package includes an abdominal ultrasound, fasting for a minimum of 6 hours prior to the test is also a prerequisite for this procedure. Please consult our staff for tailored advice.

5. Is non-fasting health screening more expensive?

No, non-fasting health screening is cost-effective and often comparable to fasting screenings. Explore our [health screening packages](#) for specific pricing details.

6. What are the types of non-fasting tests available?

For cholesterol tests, studies [\[1\]](#)[\[2\]](#) show no significant difference between fasting and non-fasting results. HbA1c is also an accurate non-fasting test for diabetes screening.

7. What are the advantages of opting for a non-fasting health screening?

Non-fasting screenings eliminate discomfort associated with fasting, such as low blood sugar and dehydration.

Scheduling appointments for non-fasting health screenings also offer enhanced convenience as they can be accommodated throughout the day.

8. What do I need to take note of when going for a non-fasting health screening?

While fasting is not required, it is recommended to avoid drinking alcohol and refrain from consuming a fatty or heavy meal 12 hours before your health screening.

9. Why do some healthcare providers still require fasting?

Some providers believe fasting tests reduce result uncertainty. However, according to the Ministry of Health's guidelines, non-fasting health screenings are highly accurate, supported by extensive research.

10. Who should I contact if I'm feeling unwell prior to my health screening?

Should you feel unwell prior to your health screening, please reach out to our colleagues to re-schedule your appointment via this hotline +65 8660 0090 or [email us](#).

For tips on how to prepare for your health screening, please refer to our [Pre-Screening Guidelines](#).