Patient Fasting Instructions

To allow accurate determination of the glucose and cholesterol levels of your blood, it is necessary to undergo a short period of fasting prior to the blood being sampled.

Fasting Instructions:

The fasting period must be at least ten hours duration. Normally, the blood sample is best taken in the morning after fasting from 10pm the night before.

This still allows you to eat your evening meal and perhaps some supper, but then do not eat after 10pm until your blood has been sampled.

Water is the only fluid that may be taken during this fasting period. No breakfast, tea, coffee or juice etc, until after the test. Smoking and chewing gum is also prohibited prior to testing.

The patient MUST not fast for longer than 16 hours before the blood test is performed.