



PATIENT INSTRUCTIONS

Fasting before a test

Your doctor has requested a fasting blood test be performed.

Please read the information below to prepare for your test.

Fasting Instructions:

- Fast for at least **10 hours** before your test - this means having nothing to eat or drink.
The blood sample is best taken in the morning after fasting from 10pm the night before.
- If you are thirsty, you may have sips of plain water.
No tea, coffee, juice, soft drinks or any other fluids should be consumed.
- You can still eat your evening meal but do not eat after 10pm.
- Do not smoke or chew gum while fasting.
- Do not fast for more than 16 hours.
Fasting for longer than the recommended time could compromise your results.
- If you take medication, continue to take your medication as prescribed.

To find your nearest PathWest Collection Centre, visit www.pathwest.com.au or scan the QR Code on the right.

