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](http://www.pathwest.com.au) or scan the QR Code on the right.