



## PATIENT INSTRUCTIONS

# Fasting Metabolic Bone Study

## No appointment necessary

### On the night before the test:

- Do not eat anything after 10pm.
- You must remain fasting until the completion of the test the next morning.
- You may drink as much water as you want to.

### On the morning of the test:

- Go to the toilet when you get out of bed and empty your bladder. Drink at least two glasses of water (more than 2 glasses is fine if you are thirsty).
- Have nothing to eat or smoke.
- Do not drink tea, coffee, milk or fruit juice.
- DO NOT take your medications including calcium, fluoride, vitamin D or diuretic tablets until AFTER your test (unless instructed by your medical practitioner).
- Before leaving home you may empty your bladder if necessary.
- You should arrive at the collection centre on the morning of the test before 10am.
- On arrival at the collection centre you will then be asked to sit quietly for about 10 minutes, after which a sample of blood will be taken and you will be asked to pass an amount of urine into a container.

**Your test will involve both a blood sample and a urine sample.**

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.

