

Fasting before a blood test

NO BOOKING REQUIRED



This test is performed at all PathWest collection centres. Please attend a collection centre before 10am for your test.



Prior to the test

- You can take your regular medication (unless otherwise directed by your doctor).

The night before the test

- Fasting is required for at least **10 hours** before the test.
- This means no liquids (other than water) or food, including tea, coffee, juice, milk, chewing gum or cough lozenges, as these can affect your results. You may drink water if thirsty.
- You must remain fasting until the completion of the test the next morning.

The morning of the test

- Do not eat, drink or smoke.
- Go to the toilet and empty your bladder.
- You may drink one glass of water if thirsty.

Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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