

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.



Scan for locations

Before 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 - 12 hours** before the test and no longer than **16 hours**. Children under **12 years of age** are required to fast **4-6 hours**.
- 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 continue fasting until the test is completed the next morning.

The morning of the test

- Do not eat, drink or smoke.
- You may drink plain 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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