



All Patients

GENERAL FASTING INSTRUCTIONS

1. Continue taking your medication as prescribed.
2. You may drink plain water at any time while you are fasting.
3. Do not eat or drink anything (except plain water) for 12 hours before having your blood sample collected.
4. 12 hours is the optimum fasting period, however a window of 10-14 hours is acceptable.

Diabetics Pre-Test Preparation

If you are on a special diet then this should be followed and your blood sample collected as near as possible to 12 hours after consuming your last food or drink.

EXAMPLE:

If you use insulin then your blood sample collection should be arranged for just before your insulin dose.

Please telephone the laboratory on the number below if you are uncertain about any of these instructions.