



PATIENT INSTRUCTIONS

General Fasting Information

PATIENT INSTRUCTIONS

Your doctor has requested that a fasting blood test be performed. Fasting is generally overnight.

To ensure accurate results:

- **Do not eat or drink** for 10-12 hours prior to your blood test.
- If you are thirsty, sips of plain water only are permitted. (No coffee, tea, fruit juice, lemonade or alcohol).
- Medications should only be stopped on the instructions of your doctor. Take them with sips of fluid only.

Note:

12 hours is the optimal fasting period, but 10-14 hours is acceptable. Fasting beyond 14 hours affects the quality of the result.

For more information:

If you have any questions or would like to know the location of your nearest Healthscope Collection Centre, please call 1300 453 688.

Visit

www.healthscopepathology.com.au for an easy search by postcode to find your nearest collection centre.

If you have any questions or require further information, please contact our Customer Service Centre.

1300 453 688