



## Fasting instructions

Your doctor has ordered a blood test requiring you to 'fast' prior to the procedure.

**Please follow these instructions carefully.**

1. Make sure you have nothing to eat or drink (other than water) for at least 8 hours. It's easiest to fast overnight and most tests are best to be done in the morning for accurate diagnosis.
2. You can drink water at anytime, but you **should not** drink tea, coffee, soft drinks or fruit juice.
3. Please do not fast for longer than 15 hours. It is unpleasant and can affect your results.
4. If you have diabetes or are taking any morning medication, speak with your doctor **before** fasting. Not eating while on treatment (medication) for diabetes can be dangerous.