



PATIENT INFORMATION SHEET FOR FASTING TEST

PREPARATION FOR THE TEST:

1. If the doctor has requested fasting blood tests, then the patient is to fast for 8 to 12 hours prior to the test. This is usually done as an overnight fast. The maximum acceptable duration of a fast is 16 hours.
2. During a fast, the patient must have nothing to eat or drink except water.
3. The patient may take their regular medication, unless they have specifically been instructed by their referring Doctor not to take the medication, prior to having their blood collected.
4. No booking required.

For further inquiries or additional information regarding this testing procedure you can either speak directly with the attending pathology collector or by contacting the main laboratory Customer Service Department on 1300 633 522.

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