

Shortly after you eat, the chemicals in your blood undergo changes. These changes can also occur if you do not eat for long periods. Therefore it is important to fast correctly, to obtain reliable blood test results.

Fasting

Fasting means **nothing to eat or drink** (except water) for between 10–16 hours before your blood test.

The optimum time for fasting is 12hrs

(i.e. eat a snack or meal at 8PM for an 8AM test)

During your fasting period you:

- May drink plain water, but it must **not** contain additives (No tea, coffee or cordials).
- May **not** eat chewing gum, lollies, or jellies.
- Do **not** smoke during the fasting period.

Unless your doctor advises otherwise, you should continue any current medication. **IF YOU ARE DIABETIC YOU SHOULD NOT FAST WITHOUT MEDICAL ADVICE.**

It is best to fast overnight and attend a collection centre in the morning. Many other fasting patients also attend early, so you may experience some delays, unfortunately it is not possible to make appointments.

IF YOU FAST LONGER THAN 16 HOURS YOUR TEST RESULTS MAY NOT BE ACCURATE OR WE MAY NOT BE ABLE TO PERFORM SOME OF THE TESTS REQUESTED.