


Document Title:	Fasting Instructions	
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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 needed, sips of plain water only are permitted. (No coffee, tea, fruit juice, lemonade or alcohol). On hot days please have 1-2 glasses to remain hydrated.
- Medications should only be stopped on the instructions of your doctor. Take them with sips of water only.

Twelve hours is the optimal fasting period, but 8-14 hours is acceptable. Fasting beyond 14 hours affects the quality of the result. If you have any concerns please do not hesitate to contact Patient Services on (03)8405 8181.