

FASTING

PATIENT INSTRUCTIONS

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

Your Doctor has requested a blood test that requires you to be fasting. Fasting means that you eat and drink nothing except water for 8-12 hours prior to your test.

Collection Procedure

- During your fast you may drink water but no other fluids. This includes coffee, tea, juice and alcohol
- You should avoid smoking/vaping during the fasting period
- Continue to take any medication unless otherwise advised by your doctor

Some tests do have different fasting guidelines, and if this is the case you will be advised by your doctor.

Your results can only be obtained from the requesting doctor

Please refer to our website for additional information
www.pathlab.co.nz

or alternatively contact
07 858 0795