

# FASTING INSTRUCTIONS FOR PATIENTS

Your doctor has ordered a test that requires you to 'fast' prior to the procedure.

To ensure reliable and accurate test results, it is important that you follow these instructions carefully.

- Please ensure that you have nothing to eat or drink (other than water) for at least 8-12 hours prior to presenting for the test.
- Plain water consumption is acceptable and encouraged to ensure good hydration. Tea, coffee and softdrinks must not be consumed during the fasting period.
- Smoking should be avoided.
- If you have fasted for longer than 16 hours, we may need to consider rescheduling your test as prolonged fasting can affect some results.
- If you are a diabetic or are taking any morning medication, please consult your doctor before fasting.



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