

Fasting Guidelines



PATIENT INFORMATION AND INSTRUCTIONS

Your doctor might ask you to fast prior to a pathology test or it will state fasting on the request form. Fasting makes sure that your test results are accurate and not affected by the food and drinks you have eaten.

How long should I fast before a test?

Fasting is generally overnight, and the blood is collected, or the test performed the following morning.

Fasting is usually for a minimum of 8 hours although preferably for 10-12 hours.

You should NOT fast for any longer than 12 hours prior to your test.

What does fasting involve?

All food and beverages should be withheld during the fasting period, except for still water.

For example, if your blood test is at 8:00 am, DO NOT eat or drink anything other than water after 10:00pm the night before.

We recommend that you get your blood test first thing in the morning and you can find out when our collection centres are open on the back of your request form or via our website

www.pathology.health.nsw.gov.au

After your test you can eat and drink as normal. You might like to bring a snack to eat once your blood has been taken.

What if I am on a special diet?

Continue to follow your special diet and try and provide your blood sample as near as possible to 10 hours after you have had any food or drinks. For example, if a snack is normally eaten at 10:00pm and you have breakfast at 8:30 am, arrange to have your blood taken just before 8:30 am.

If you currently use insulin, you should arrange for your blood to be taken just before your next insulin dose.

Should I take my medication?

Please speak to your doctor about any medication you are currently taking and what you might need to do differently when fasting.

If you are unsure, please contact your doctor prior to having the test.

Further Information

Please go to: www.pathology.health.nsw.gov.au