

Fasting Instructions for Patients

"Your local Laboratory with national resources, serving our community"

All patients

All patients should continue taking medication as prescribed.

Non Diabetics (12hr fast)

Nothing to eat or drink (except water) for 12 to 18 hours prior to blood sample being taken.

Example For an 8.00 am collection the last meal must be 8.00 pm the previous evening with **no** breakfast or other food or drink (other than water).

Diabetics

Where there is a strict dietary program this should be followed, and the blood collected so that the fasting period is as close to 12 hours as possible.

Example If a light snack is normally taken at 10.00 pm and breakfast at 8.30 am the blood collection should be just before 8.30 am.

If on **Insulin** the blood collection should be arranged for just before the insulin dose and following meal.