

FASTING TESTS



PATIENT INSTRUCTIONS

Your doctor has requested a fasting blood test for you.

For accurate results you need to fast for at least 10 hours and not more than 16 hours before your blood test.

Fasting includes:

- No smoking
- No eating
 - no lollies, no chewing gum (including sugar-free chewing gum)
- No drinking - except plain water
 - no coffee or tea (even without milk or sugar), no fruit juice, no milk, no lemonade, no alcohol, no flavoured or carbonated water

It is good to drink 2-3 glasses of plain water while you are fasting so you don't become dehydrated.

You should continue to take your medications unless your doctor has advised not to.

For more information call 09 574 7399 or contact your doctor