

PATIENT INSTRUCTION

FASTING GUIDELINES

ALL PATIENTS:

Continue taking your medication as prescribed. Plain water can be drunk at any time while fasting.

NON DIABETICS:

Do not eat or drink (except water) for 10 hours before having the blood sample collected.

Example: If blood is being collected at 8:30 am, do not eat or drink anything other than water after 8:00 pm on the night before the test.

DIABETICS:

If you are on a special diet, then this should be followed and the blood sample collected as near as possible to 10 hours after consuming your last food or drink.

Example: If a snack is normally eaten at 10:00 pm and breakfast at 8:30 am, your blood sample should be collected just before 8:30 am.

If you currently use insulin, then the blood sample collection should be arranged just before the insulin dose.

Collection Centre locations are listed on the back of your request form.

For further enquiries, please contact:

Northern NSW: Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425

Hunter New England - New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343

Mid North Coast: Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,

Central Coast: 02 4320 3375

Northern Sydney: 02 9926 4111