

PATIENT INSTRUCTIONS

FASTING 2 HOUR URINE TEST

1. You are required to fast for 12 hours prior to this test.
2. Once at the Collection Centre, you will be asked to empty your bladder.
3. You will be given a measured drink of water.
4. After a minimum of 30 minutes and no longer than two hours after the drink of water, the first urine you pass will need to be collected for a specimen.
5. At the end of the test, you will be notified by the staff that the fast is completed and the patient may leave the Collection Centre.

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