SydPath
ST VINCENT'S PATHOLOGY

www.sydpath.com.au

PATIENT FASTING INSTRUCTIONS

PURPOSE:

There are some tests where a fasting level is needed, e.g. glucose, cholesterol, triglycerides.

PREPARATION:

1. Fasting is generally overnight, for a minimum of 8 hours, but preferably 12 hours.
2. Try to have your evening meal around 7pm – 8pm then cease all food and beverages.
3. It is fine to have moderate amounts of water, but NOT tea, coffee etc.
4. Continue to take any essential medication, consult with your doctor if unsure.

BLOOD COLLECTION:

- Aim to arrive at a collection centre early and inform the staff that you are fasting.
- Once you have had your blood taken it is a good idea to have something to eat and drink in the next hour or so.
- If you feel unwell at any time, notify the collection centre staff immediately.

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