Fasting Blood Test

Patient Instructions

Your doctor has requested some blood tests that require you to be fasting for collection.

Before your fasting blood test (8 hours prior)

Do not:

• Eat
• Smoke
• Drink juice, tea, coffee, milk etc. (water is allowed)
• Chew chewing gum

You may drink water, and we recommend you have plenty of water for hydration.

Medication while fasting

Unless advised by your doctor, please continue to take all regular medications.

Patients with diabetes

If you are a diabetic, ask your doctor when you should take your tablets and/or insulin

Collection instructions

Please attend one of the Alfred Pathology collection centres (preferably early morning) for your blood test.

Contact numbers and service hours for collection centers are on the back of your pathology request slip.

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