



**MEDLAB
CENTRAL**

Hawkes Bay | Whanganui | TLab

Patient Instructions **FASTING**

- Fasting means to go without food or drink for a period before a blood test
- Fasting is generally overnight with the blood test being collected the following morning
- The fasting period is 10 - 12 hour before the test
- Do not eat any food or drink any liquid (except water without additives) during the fasting period
- Do not stop any medication unless instructed by your doctor
- Do not fast longer than 16 hours
- Avoid strenuous exercise