Fasting Blood Test
Patient Guide

Your doctor has requested a blood test that requires you to fast beforehand. Fasting means not eating or drinking anything except water for a specified period to ensure accurate test results.

Before your test — How to prepare

- Fast for 8–12 hours before your blood test (an overnight fast is usually sufficient)
- **DO NOT** fast for longer than 14 hours, as this may affect your test results
- You may drink plain water during the fasting period to stay hydrated
- **DO NOT** eat or drink anything else, including tea, coffee, milk, juice, or alcohol
- **Do NOT** smoke on the day of the test

Medications

Continue taking your usual medications unless your referring doctor has specifically instructed you not to take them before the test.

If you are unsure whether to take a medication, please check with your doctor before the test.

On the day of your test

- Attend the collection center as early as possible in the morning
- Bring your pathology referral form with you
- Bring a list of your current medications, if applicable

If something goes wrong

If you accidentally eat, drink anything other than water, or smoke during the fasting period, please inform the collection staff before your blood test.

After the test

Once your blood sample has been collected, you may resume normal eating, drinking, and medications. Results will be sent to your referring doctor, who will discuss them with you.

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