

## PATIENT INFORMATION- FASTING INSTRUCTIONS

Your doctor has ordered a blood test requiring you to **'fast'** prior to the procedure, which usually means an overnight fast.

Please follow these instructions carefully.

1. No SMOKING on the day of the test
2. Nothing to EAT or DRINK (other than water) for 8 - 12 hours prior to your blood test. If the fast is longer than 14 hours your test results may be affected.
3. Taking routine medication is acceptable, unless you have been specifically instructed by the referring doctor not to take the medication prior to the test.
4. Please bring a list of your current medications if applicable.