

Overnight Fasting for Blood Tests- Patient Information

- You should fast for preferably 8 to 16 hours (ideally 10-12 hours). You should eat your normal evening meal, but should finish eating by 7 pm (children by 10 pm).
- Do not eat again until your test is completed the following morning.
- Water is permitted.
- During the fast you must avoid all other fluids including coffee, tea, fruit juice, soft drink and alcohol, chewing gum or eating mints.
- Please attend your local collection centre at opening time the following morning. This time may vary depending on your local centre. Please check opening times prior to attendance.
- Please list all medications you are currently taking in the table below and provide to your collector at the time you present for your blood test.

Please complete prior to test

Medication	Dose	Frequency

For further information, please telephone Mater Pathology on 07 3163 8500 or your local centre during business hours. Mater Pathology Collection Centre information and opening hours are available at pathology.mater.org.au

Collection centre: _____

Telephone number: _____

These instructions should not be varied except on advice from your doctor.