



**BARRATT & SMITH**  
**PATHOLOGY**

*"We take it personally"*



**DOUGLASS**  
**HANLY MOIR**  
**PATHOLOGY**

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## **PATIENT INSTRUCTIONS - FASTING**

1. Fasting is generally overnight and the blood collected or test performed for the following morning.
2. Fasting is usually for a minimum of 8 hours although preferably for 12 hours unless otherwise stated by your Doctor.
3. All food and beverages should be withheld during the fasting period with the exception of water.
4. Medication should only be stopped on the instructions of your Doctor.

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