



DOUGLASS
HANLY MOIR
PATHOLOGY

BARRATT & SMITH
PATHOLOGY
Quality is in our DNA

FASTING

1. Fasting is generally overnight and the blood collected or test performed 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.