

General Fasting

Fasting means that you eat and drink nothing except water for 8-16 hours prior to your test. Fasting is commonly only needed over a period of 8-12 hours.

Your doctor should advise fasting time when supplying the pathology request form. If you are unsure of the fasting time required for your test, please contact your local TML Pathology Collection Centre.

General Guidelines:

- During your fast you may drink water but no other fluids e.g. tea, coffee or cordial
- Alcohol should not be consumed for 72 hours (3 days) prior to the test
- You should avoid smoking during the fasting period
- You should not fast for more than 16 hours as changes can occur in your results
- Continue to take any medication unless advised otherwise by your doctor
- Diabetics should not fast without medical advice
- A record of current medication is required.

These instructions should be adhered to unless advised otherwise by your doctor.

Drink plenty of water* before your blood test to avoid dehydration.

When you're hydrated, your blood volume increases, making your sample collection easier.

*Unless advised otherwise by your doctor.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

