

# General Fasting

**Fasting means that you eat and drink nothing except water for 8-16 hours prior to your test.**

## **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.**

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