



Fasting Tests

(for example, Cholesterol, Lipids, Glucose, GTT)

About your Test

- Your health professional has requested tests that require you to be fasted.
- The duration of your fast should be **at least** 8 hours and **no more than** 14 hours.
- You will need to make an appointment if your test is for a Glucose Tolerance Test (GTT).

Test Procedure

1. The evening before your test have your normal evening meal and supper (no later than 9.00pm).
2. Do not eat or drink anything - other than water - from 9.00pm until after you have had your test the following morning.
3. On the morning of your test DO NOT eat breakfast. You may drink water only.
4. If you are taking any medication you should continue to take this, unless instructed otherwise by your health professional.
5. Please come to the laboratory before 10.00am to have your blood sample collected