

## GENERAL FASTING Information

### Patient Instructions

Your doctor has requested that a fasting blood test be performed. Fasting is generally overnight.

To ensure accurate results:

- Do not eat or drink for 10-12 hours prior to your blood test.
- Drinking water before your blood test is permitted and may help reduce the risk of fainting, as well as make it easier for the collector to locate your veins.
- Medications should only be stopped on the instructions of your doctor. Take them with water only.
- Avoid smoking for 2 hours before the test.
- If you are living with diabetes, please consult your doctor before fasting.
- If you are prone to fainting, please inform the collector before the procedure.

**Caution:** Do not fast for longer than 16 hours before your blood test is performed.