

## PATIENT GUIDE



# Guide to fasting before a blood test

**If your doctor asks you to fast before a test, it's to make sure the results of the test are as accurate as possible. Here's our fasting guide to ensure your test goes as smoothly as possible.**

- » Fasting means not eating or drinking anything other than water, for 10 hours before your test. We recommend you fast from 10pm the night before and have your blood taken the next morning. This way, you can still enjoy your evening meal before 10pm.
  - » It's a good idea to schedule your test as early in the day as possible. This means most of your fasting time will be spent asleep, making it much easier.
  - » Remember, don't drink tea, coffee, juice, soft drinks, alcohol or any other fluids.
- These can impact digestion and affect your results, so stick to plain water. Similarly, don't smoke or chew gum.
- » Fasting for too long also affects your results, so don't fast for more than 16 hours. You can continue to take your prescribed medicine unless otherwise advised by your doctor.
  - » It's usually okay for pregnant women to fast, but it's important to do it safely so we recommend getting advice from your doctor.



**For more information or to find your nearest collection centre please visit**  
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**or call 13 PATH (7284).**

**NO  
BOOKING  
REQUIRED**