



Fasting means that you eat and drink nothing except water for 8-12 hours prior to your test.

### General Guidelines

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- During your fast you may drink water but NO other fluids. This includes coffee, tea and juice.
- 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 longer than 12 hours as changes can occur in your results.
- Continue to take any medication unless otherwise advised by your doctor.
- Diabetics should not fast without medical advice.
- A record of current medication is required.

These instructions are a guideline only and should be adhered to unless advised otherwise by your Doctor. Some tests do have different fasting guidelines, and if this is the case you will be advised by your Doctor.

If you have any queries or concerns – please contact your Doctor or a member of our collection team.

For a full list of the Christchurch collection centres and their opening hours please visit: **www.bloodtest.co.nz** or contact **0800 THE LAB (843522) ext. 86647**

**Ashburton:** CHLabs, Ashburton Hospital, Elizabeth Street, Ashburton

**Phone: 03 307 8456      Fax: 03 308 0411**