

All Patients:

Continue taking your medication as prescribed. You may drink plain water at any time while you are fasting.

Non Diabetics:

Do not eat or drink anything (except plain water) for 12 hours before having your blood sample collected.

Example:

If your blood sample is being collected at 8.00am, do not eat or drink anything other than water after 8pm on the night before your test.

Diabetics:

If you are on a special diet then this should be followed and your blood sample collected as near as possible to 12 hours after consuming your last food or drink.

Example:

If you normally eat a snack at 10pm and breakfast at 8.30am, your blood sample should be collected just before 8.30am.

If you use insulin then your blood sample collection should be arranged for just before your insulin dose.