

# Fasting Instructions

1. You are required to fast for between **8 to 16 hours** prior to the test – which usually means an overnight fast.
2. The maximum acceptable duration of a fast is **16 hours** – if the fast is longer than this, your referring doctor will be notified and consulted before the test is either rescheduled or carried out on the day.
3. During a fast, you must have nothing to eat or drink. Water is acceptable, but **NO** soft drinks, tea, milk, coffee or fruit juices may be taken during the fast.
4. Taking routine medications is acceptable, unless you have been specifically instructed by the referring doctor not to take the medication prior to the test.
5. **NO SMOKING** on the day of the test and until the test is completed.
6. No other drinks may be consumed.

**Note: Please bring a list of your current medications if applicable.**

## Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

