

Fasting Instructions:

- 1.** You are required to fast for between **eight to ten hours** prior to the test – which usually means an overnight fast.
- 2.** The maximum acceptable duration of a fast is **fourteen 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 with a sip of water 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.