

# GENERAL FASTING



*Specialists in Private Pathology since the 1920s*

Fasting means that you eat and drink nothing except water for 8-16 hours prior to your test.

## **General Guidelines**

- During your fast you may drink water but no other fluids e.g. tea, coffee or cordial.
- 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 for more than 16 hours as changes can occur in your results.
- Continue to take any medication unless advised otherwise by your doctor.
- Diabetics **should not** fast without medical advice.
- A record of current medication is required.

**These instructions should be adhered to unless advised otherwise by your doctor.**

For a full list of our collection centres and their opening hours, please visit [www.qml.com.au](http://www.qml.com.au) or call your local QML Pathology laboratory.