



**ST VINCENT'S
PATHOLOGY**

A SERVICE OF ST VINCENT'S HOSPITAL, MELBOURNE

FASTING PATIENT INSTRUCTIONS

Your doctor has requested a fasting blood test.

You are asked not to smoke, eat or drink (other than water) for 10 hours prior to your blood test. Your test results may be affected if you fast for more than 14 hours.

You should have your fasting test in the morning as some test results may be affected by afternoon collection.