

GENERAL FASTING



Dorevitch[®]
PATHOLOGY

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.

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

For a list of our collection centres and opening hours, please visit www.dorevitch.com.au or call your local Dorevitch Pathology laboratory.