



DIAGNOSTIC  
MEDLAB

## Patient Preparation for a FASTING TEST

- Fasting means to go without food or drink for a period of time before a blood test.
- Fasting is generally overnight, with a blood test being collected the following morning.
- The recommended fasting period is between **8** hours and **16** hours **unless** otherwise stated by your doctor.
- Do not eat any food or drink any liquid (except water without additives) during the fasting period.
- Do not stop any medication unless instructed to by your doctor.

ENQUIRIES PHONE 571 4000  
[www.dml.co.nz](http://www.dml.co.nz)