

# Fasting Tests

E.G. Lipids (Cholestrol), Glucose

**FASTING means that you eat and drink nothing except for water for 10-12 hours prior to your test.**

- > During your fast you may drink water but NO other fluids. This includes coffee, tea and juice.
- > You should avoid smoking during the fasting period.
- > You should not fast longer than 12 hours as changes can occur in your results.
- > Continue to take any medication unless otherwise advised by your doctor.
- > Diabetics should not fast without medical advice.

**If you require further information regarding your test procedure, please telephone Taranaki Medlab:**

<b>New Plymouth</b>	<b>758 7450</b>
<b>Stratford</b>	<b>765 6229</b>
<b>Hawera</b>	<b>278 4880</b>