



Medihealth Pathology

Helping you with Health

## PATIENT INSTRUCTIONS – FASTING BLOOD COLLECTION

**Note: Fasting is generally overnight, and the blood collected, or test performed the following morning.**

- Recommended hours are 8 to 14 hours, unless otherwise stated by doctor.
- All food and beverages should be withheld during the fasting period, water is excluded.
- Medications can be taken with water unless doctor has instructed not to.