

## All types of patients

- ❖ Please continue taking your medication as prescribed by your doctor. You may drink plain water any time whilst you are fasting.

## Non-diabetic Pre-Test Preparations

- ❖ Please do not eat or drink anything (except plain water) for 12-hours before your blood sample collection.
  - **For instance**, if your blood sample is going to be collected at 9:00am, do not drink or eat anything other than plain water after 9:00pm on the night before your test.

## Diabetic Pre-Test Preparations

- ❖ In case you are on a special diet plan from your doctor, then these instructions should be followed, and your blood sample will be collected as soon as possible to 12-hours after consuming your last food or drink.
  - **For instance**, if you eat at 09:30pm and have breakfast at 08:00am, then your blood sample will be collected just before 08:00am.
- ❖ If you use insulin, then your blood sample collection will be arranged just before your next insulin dose is due.

**PLEASE TELEPHONE OUR LABORATORY ON:**

**1300 265 000**

**IF YOU NEED ADDITIONAL ADVICE REGARDING THE COLLECTION OF THE SPECIMEN.**