

## Fasting Blood Test

**Your Doctor has asked you to have a blood test for Pathology testing while fasting.**

Please do not eat, chew gum or smoke for 8 to 10 hours before your blood test.

You can drink water.

Please do not exercise while fasting.

Medications should be taken as advised by your Doctor.

Please have some food ready to eat after your test.

Note: Your results may be incorrect if you do not fast.

[www.austinpathology.org.au](http://www.austinpathology.org.au)

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