

Health New Zealand Te Whatu Ora Waikato	Type: <b>Procedure</b>	Document Reference: <b>PHL-33.07</b>	Manual Classification: Phlebotomy
Title: <b>Instructions for fasting Patients</b>			Effective Date: <b>20.09.2022</b>
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- You are required to have a fasting blood test.
- Have your normal evening meal and supper. No eating or drinking after midnight so you are fasting for 8-16 hours
- You can have water during this period but no other drinks or food of any kind. This includes black tea, black coffee, lollies or chewing gum.
- It is important to take your morning medication with a glass of water in the morning, but if your medication needs to be taken with food consult a health care professional e.g. GP or GP Nurse.
- If you have diabetes, follow your doctor's advice.
- If you have any quires or questions about you fasting please contact your local Laboratory or Doctors.

#### **Location of Hard Copies:**

1. Waikato Hospital Phlebotomy Manual.
2. Tokoroa Laboratory & Phlebotomy Manuals.
3. Thames Laboratory & Phlebotomy Manuals.
4. Te Kuiti Phlebotomy Manual.
5. Taumarunui Phlebotomy Manual.