

**Guidelines for Fasting Blood Tests –
Cholesterol and Glucose**

When asked to fast for any of the above blood tests, please:

- Fast (**eat nothing**) from 8pm the night before your test
- Only drink water after 8pm
- **DO NOT** eat any breakfast or drink any tea/coffee until after the test is complete

**PLEASE SEE OUR 'SERVICES' SECTION ON THE WEBSITE,
WITH REGARDS TO RESULTS OF ANY TESTS**