

## General Fasting Information

### Patient Instructions

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Your doctor has requested that a fasting blood test be performed.  
Fasting is generally overnight.

To ensure accurate results:

- Do not eat or drink for 10-12 hours prior to your blood test
- If you are thirsty, sips of plain water only are permitted. (No coffee, tea, fruit juice, lemonade or alcohol.)
- Medications should only be stopped on the instructions of your doctor. Take them with sips of water only.