

> If you are asked to fast

You will be invited to give us a blood sample and some of you will be asked to fast before giving blood as this will make it possible to learn more from any blood you give us.

- Please take any medication(s) as usual
- If you are a diabetic on treatment, do NOT fast. Please follow your normal diet & medication on the day of your appointment
- Please make sure you drink enough water

For those of you that wish to fast please refrain from strenuous exercise for 12 hours before your appointment and do not eat or drink anything, apart from water for at least 5 hours before your visit. The following instructions explain what we mean by this.

Appointments before 1pm

On the day of your appointment, please do not eat or drink anything apart from water until you have given the sample. Once you have given the sample, you may eat and drink as soon as you like.

Appointments from 1pm to 6pm:

Please do not eat or drink anything after 8.00am, except water. Before 8.00am you may choose a light breakfast of items from the list below ONLY.

- Tea or coffee (no sugar, a little skimmed milk may be used) AND
- Plain toast or bread with nothing on it (no butter, jam or any spreads) OR
- Porridge made with water or skimmed milk (no sugar) OR
- Cornflakes or Rice Crispies made with skimmed milk (no sugar)

Once you have given the sample, you may eat and drink as soon as you like.

Appointments after 6pm

Please do not eat or drink anything after 1.00pm, except water. Before 1.00pm you may have your usual breakfast and then choose a light lunch of items from the list below ONLY.

- Tea or coffee (no sugar, a little skimmed milk may be used) AND
- Plain toast or bread with nothing on it (no butter, jam or any spreads) OR
- Small baked potato with nothing on it (no butter or any other fillings)
- No sugar, milk, fats or dairy products other than skimmed milk

Once you have given the sample, you may eat and drink as soon as you like.

Even if you are fasting, please remember to drink water

