

Some tests require that you fast for accurate results. This means you can have **plain water only** after 9pm the night before any of the following tests:

- Bile Salts (bile acid)
- C-Peptide (CPE)
- Calcitonin
- Calcium/Creatinine Ratio (urine test)
- Chromogranin – A
- Crosslaps
- Folate (serum)
- Gastrin
- Glucagon
- Glucose Tolerance Test (GTT)
- Homocysteine (HCY)
- Hydrogen H2 Breath Test (Lactose intolerance)
- IronStudies (Ferritin, transferrin, Fe studies)
- Lipids
- Pancreatic Polypeptide
- Phosphate – Serum
- Triglyceride
- Urea Breath Test
- Vasoactive Intestinal Peptide (VIP)
- Vitamin B12

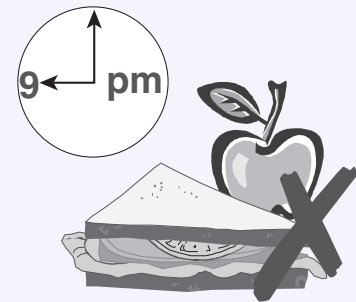
**What does fasting really mean?**

Fasting means that you must not have anything to eat, drink or chew before your test. This includes coffee, juice, tea and alcohol.

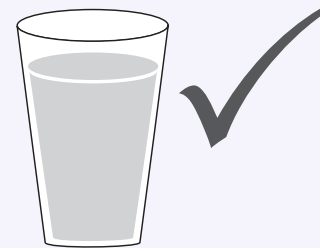
For the tests listed above you may drink plain water.

Please check with your doctor regarding any medications that you are taking. Do not change or stop your medication unless requested by your doctor.

Please talk to your doctor if you have any further questions about your tests.



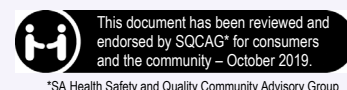
**Fast for 10–12 hours before these tests**



**Plain water is OK**

**Patient Centres**

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.



\*SA Health Safety and Quality Community Advisory Group