

FASTING FOR A BLOOD TEST

Information for Patients

Blood tests are carried out for a variety of reasons and can provide your doctor with a wide range of information.

For most blood tests you will be able to eat, drink and take your medications as normal before having your blood taken. Some tests require you to fast (not eat) for a period of time and some medications should not be taken before the test.

If you are required to fast, it is generally for a period of 8 – 12 hours, depending on the test you are having. Your doctor or practice nurse will advise you on **how long you need to fast** and whether **to take your usual medications**.

If you need to fast you will be required to;



STOP eating all solid foods and fluids that contain “foods”

For example - coffee/tea, fruit juices, milky drinks, cordials, alcohol



DO NOT FAST FOR MORE THAN 14 HOURS as this will affect the quality and accuracy of your test results

Fasting is normally done overnight with the collection taking place in the morning.

Alternative arrangements can be made for shift workers.

Depending on what time you go to bed and what time you are having the test done, you may need to have a snack before you go to bed. Your doctor or practice nurse will advise you if this will be appropriate.

We strongly encourage you to have water whilst fasting for a blood test (at least 1-2 cups or 500mls). Smoking during this time is also strongly discouraged.

If you have any concerns please contact the Practice on **08 8295 3200**



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