

Patient information

Fasting blood tests

Your doctor has requested that you attend for a FASTING blood test.

This could be for glucose or lipid/cholesterol testing.

For this testing to be performed you are required to fast overnight prior to the blood test. This means that you should consume **no food** or **drink** (except plain water) for at least 12 hours before the blood test.

Please DO continue to take any prescribed medication with water only.

It is possible to perform the blood test if you have not fasted. However, depending on the test results obtained, your doctor may require you to attend for a further blood test when you have fasted.

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