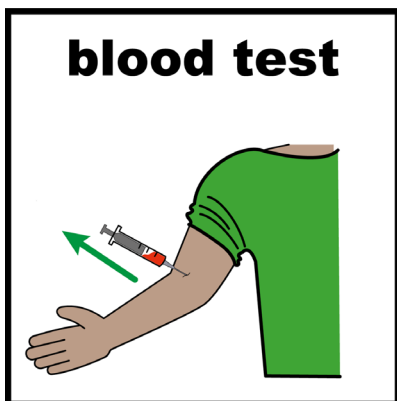


Before your blood test - not eating and only drinking water (also known as 'fasting')

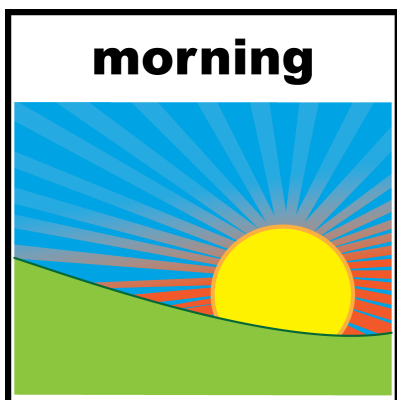
Information for patients

blood test



Your doctor has told you that you need a **blood test**.

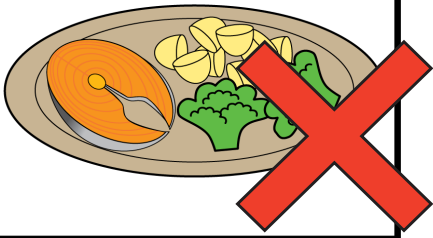
morning



All fasting blood tests are taken in **the morning**.

Easy Read



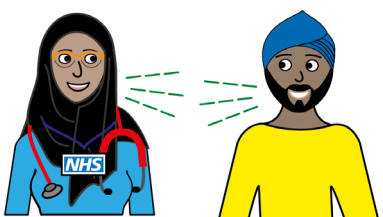
food

For this blood test you need to **fast** from the night before your blood test.

Fasting means **not eating and only drinking water.**

drink water**medicine**

Your doctor will tell you when to **take your medicine.**

talk to your doctor

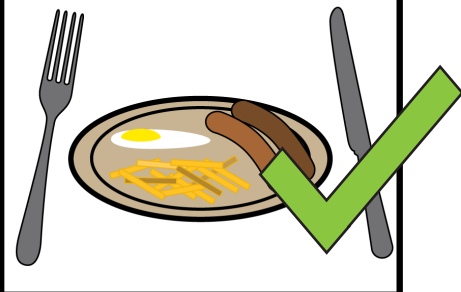
If you are diabetic, talk to your **doctor before you start fasting** (not eating and only drinking water).

night

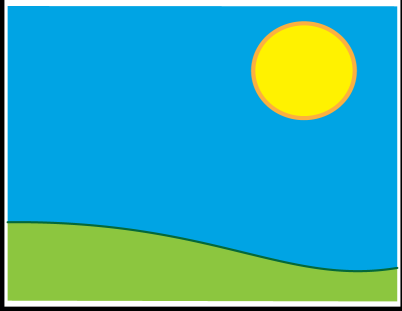


The **night** before your blood test you can **eat your dinner**.

evening meal



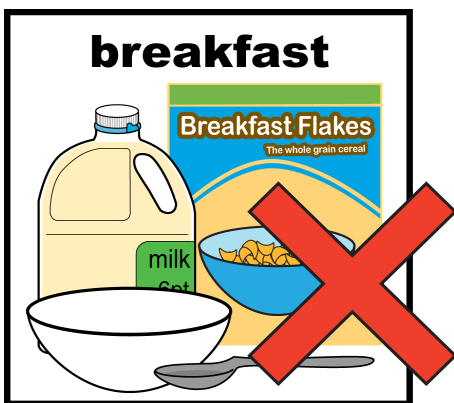
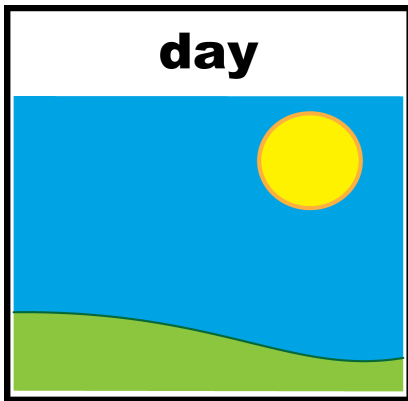
day



On the **day** of your blood test you can **drink water**.

drink water





On the day of your blood test

Do not

- eat breakfast
- chew gum, including nicotine gum
- smoke, including vaping
- drink coffee, tea, or cola



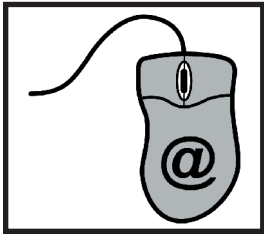
Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

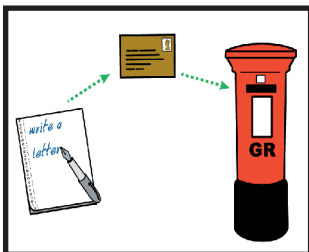
- **Phone:** 01227 783145

The team can phone you back.

- **Email:** ekh-tr.pals@nhs.net



- **Post:** Patient Advice and Liaison Service (PALS), Trust Offices Kent and Canterbury Hospital Ethlebert Road, Canterbury CT1 3NG



Our information is made with help from people with a communication need



Easy Read Group

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