

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

Information for patients

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

All fasting blood tests are taken in the morning.

For this blood test you need to fast from the night before your blood test. Fasting means not eating and only drinking water.

Your doctor will tell you when to take your medicine.

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

Text only



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

On the day of your blood test you can 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)
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Created together with people with a communication need, the
experts by experience