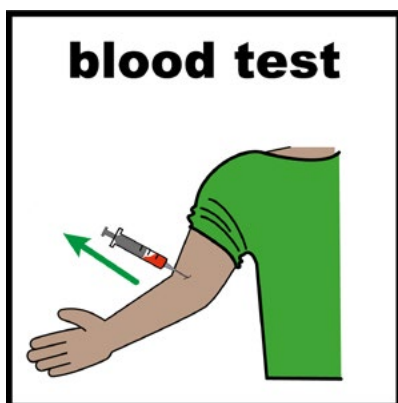


Before your blood test - not eating and only drinking water (also known as 'fasting')

Information for patients



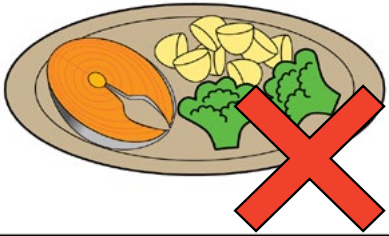
Your doctor has told you that you need a **blood test**.



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

Easy Read



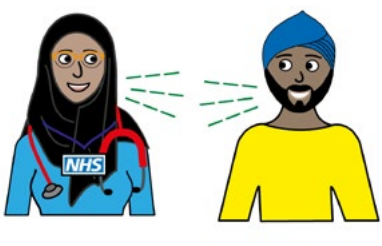
food

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

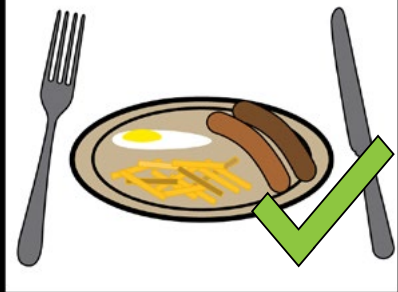
If you are diabetic, **talk to your doctor** before you start fasting (not eating and only drinking water).

night

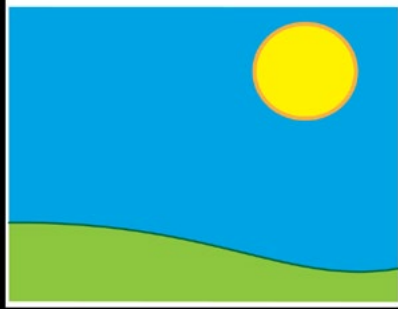


The **night** before your blood test you can **eat your dinner**.

evening meal



day

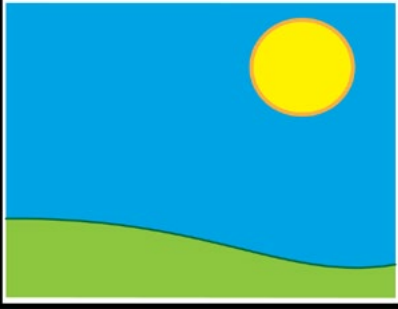


On the **day** of your blood test you can **drink water**.

drink water



day



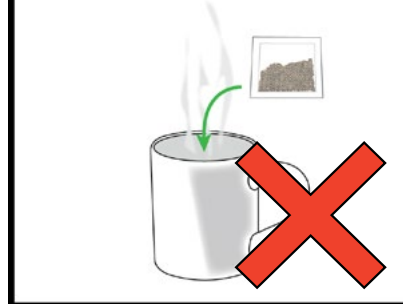
breakfast



no smoking



cup of tea



cup of coffee



**cold drinks
fizzy drinks**



On the day of your blood test

Do not

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

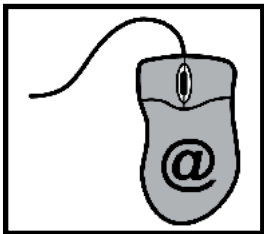


Our Patient Advice and Liaison Service (PALS) can help you.

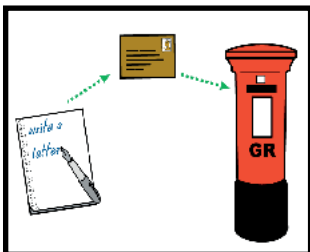
You can ask a question or tell them if you are unhappy about something.

- **Phone:** 01227 78 31 45

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

Thanks to  **easy on the i** for the use of their image bank © LYPFT
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