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Practice Information: **Fasting Blood Test**

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PATIENT INFORMATION HANDOUTS\Fasting Blood Test

Nottingham West
Clinical Commissioning Group

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INFORMATION FOR PATIENTS REQUIRING A FASTING BLOOD TEST

If you require a fasting blood test, it is important that you follow the instructions below. This will make sure that the results of your blood test are accurate and that you can progress with your treatment appropriately and more quickly. If you have any doubts or concerns, please speak to a member of staff at the surgery who will answer your queries.

Food and Drink

No food or drink should be consumed after 10:00 p.m. the evening before your blood test. This includes biscuits, crisps, nuts, sweets and mints.

You may, however drink plain water, black teas or black coffee. **Nothing must be added to these (e.g. fruit juices, squashes, cordials, sugar, milk).**

If you are **Diabetic**, you may have a piece of dry toast for breakfast. **Nothing must be spread on or added to this.**

Medication

You should take any **PRESCRIBED** medicines as usual, unless your doctors has instructed you otherwise. **You must not, however take any cough and cold medicines or sweets.**

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