

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



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Opening Times

Mon-Thurs: 0730 - 1930

Friday: 0730 - 1830

Tel: 01296 468580

Fax: 01296 398771

Over 75s Team: 01296 468589

Prescription queries: 01296 468585

Lines open daily between: 0800 - 1230 and
1400 - 1830



Patient Information Leaflet

Fasting Blood Test

www.poplar-grove.nhs.uk

E-mail: poplar.grove@nhs.net

Tel: 01296 468580



What is a fasting blood test?

This is when a sample of blood is taken after you have starved for a period of time.



How long do I starve for?

You should not eat for 12 hours before the blood test, normally overnight.

Please avoid eating meat the day before.

Can I drink anything?

You may only drink water. Please drink at least two glasses of water in the morning.

Can I take my usual medication?

Yes, unless specified to take with food.

Why do I need to fast?

Because it helps to give a more accurate result for the doctor or nurse.

It's important to follow the instructions you're given, as it may affect the result of the test and mean it needs to be delayed or carried out again.



How and when do I get the results?

If your doctor has asked you to make a follow-up appointment to discuss your results, please make it when you book your blood test appointment. You will need at least one week between appointments.



You will be able to ring in for your results one week after the blood test has been taken.

Telephone 01296 468580 after 6pm.