

# CASTLE DONINGTON SURGERY

## Fasting Blood Tests - Information Leaflet for Patients

Fasting blood tests are taken in order to obtain a more accurate measurement of your blood sugar or cholesterol. To achieve this it is essential that you do the following:

### 12 HOURS PRIOR TO YOUR BLOOD TEST:

- Avoid eating or drinking (everything except water)
- This will mean delaying your breakfast until after your blood test
- It is essential that you continue to drink water (only) to prevent dehydration. If you are dehydrated, the nurse may not be able to do the blood test.
- It is also essential that you continue to take your usual medication with water (apart from some Diabetes medications – please discuss with nurse/GP for further information)
- Please do not drink any other fluids except water

REMEMBER – IT IS ESSENTIAL THAT YOU DRINK PLENTY OF WATER,  
FOR 12 HOURS PRIOR TO YOUR FASTING BLOOD TEST