



## **FASTING BLOOD TEST** **INSTRUCTIONS FOR PATIENTS**

You have been asked to have a fasting blood test by your GP or Nurse.

This means that you **MUST NOT** eat anything **AT ALL** for 14 hours prior to the test.

You can **DRINK WATER** during this time

You should take all your prescription medication with water during this 14 hour fast, unless you are a diabetic; if so, do not take your diabetic medication unless you are on an insulin pump when you should seek the advice of myself, the practice diabetic nurse.

Sue Walker  
Nurse Manager  
Thorneloe Lodge Surgery  
01905 726444