

Getting Ready for a Blood Test

Tests advised:

☐ Fasting required ☐ No fasting needed **Date:**

If fasting is required

- **Nothing to eat for 8 to 12 hours** before — usually from about 9 pm the previous night for a morning test.
- **Plain water is allowed and encouraged.** Being well hydrated makes the blood draw much easier.
- No tea, coffee, milk, juice, chewing gum, paan or tobacco.
- Take your **regular medicines as usual** unless we have said otherwise. If you are diabetic on insulin or tablets, **ask us first** — do not fast without a plan.

THINGS THAT CHANGE THE RESULT — TELL THE LABORATORY

Uric acid: avoid alcohol and a heavy non-vegetarian meal the previous night.

Vitamin D and calcium: if you take supplements, mention it; take the test **before** the day's dose.

Blood counts on methotrexate: have the test on a day away from your weekly dose unless told otherwise.

Avoid unusually heavy exercise the day before — it can raise muscle enzymes and confuse the picture.

TO MAKE IT EASIER

Drink two glasses of water an hour before · wear a loose sleeve · if you have fainted at blood tests before, say so and lie down for it · afterwards press firmly on the spot for 3–5 minutes with the arm straight, rather than bending the elbow — this prevents bruising

Bring your previous reports. A single value means little; the trend is what we treat. And ask when to collect the report and when to return — a test that is never reviewed helps nobody.

Search: blood test preparation, fasting blood test, vitamin D test, uric acid test

