

# Fasting Blood Tests

- You have been asked to have a fasting blood test by your doctor or nurse
- **“Fasting” means do not eat or drink anything, apart from water, for 12 hours before your blood test**
- This is because some blood test results are affected by eating and drinking
- It is important to make sure you keep hydrated by drinking plenty of water
- If you feel unwell while you are fasting for a blood test, please contact a doctor or nurse for advice
- Patients who are on insulin should not fast for blood tests, please ask if you are not sure