

Instructions for your blood test at Hampton Hill Medical Centre

Please book an appointment with the phlebotomist via reception.

Appointments are available Mon 8:30-12:15, Wed & Fri 8:30-10:00 or Tues 10:45-12:15

OR You may go to the walk-in phlebotomy clinic at Ashford hospital, London Road, Ashford, TW15 3AA if this is more convenient. It is open from 8.30-4.45 Monday to Friday (Wednesday open at 8.00 am). **Please ask the doctor for your form, you will need to take it with you.**

RESULTS- Please telephone the surgery between 12.00 and 1.00pm. a week after your blood test. Results will only be given to the patient themselves.

Most results should have been reviewed by a doctor by then but some may take longer. If the result is seriously abnormal we will phone you and ask to come in straight away. If further action is needed, we will write to you requesting you to come in to see a Doctor. The receptionist can only tell you if your results are normal or whether further action is required and will **NOT** be able to give any detailed information about the actual result.

- ***NON FASTING BLOOD TEST*** – you can eat and drink as usual

- ***FASTING BLOOD SUGAR*** –

Nothing to eat but you may drink water only from midnight the night before your test.

- ***FASTING CHOLESTEROL*** - *Book with the phlebotomist*

During the week before the test follow your normal diet.

During the 48 hours before the test you must avoid all alcohol.

During the 12 hours before the test you may have water only.

Unless advised otherwise, take normal medication with water only.

Do not smoke or exercise during the morning of your test.

- ***FASTING ORAL GLUCOSE TOLERANCE TEST (OGTT)***

Book two appointments with the Healthcare Assistant - you will have one blood test, then be given a glucose drink, and a further blood test two hours later.

Nothing to eat but you may drink water only from midnight the night before your test. Do not exert yourself between the two tests as it will affect the results.

CHILDREN

Patients aged 13 to 16 years please book an appointment with the Practice Nurse

Patients under the age of 13 years will continue to go to Ashford hospital.

Please ring **01784 884565** to book an appointment with the dedicated paediatric phlebotomist.