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Blood Tests

Patient Advice & Education



london medical

Dietary Instructions before your Blood Test

Before blood tests on lipids (cholesterol, triglycerides and lipoproteins) and diabetes please adhere to the following:

- 1 For 24 hours before your blood test:
 - Avoid all alcohol
 - Avoid all high fat dietary items (cheese, cream, cakes, puddings, ice cream, pastries etc.)
- 2 Fast for 14 hours before your blood tests
- 3 You can drink plenty of still flavourless/plain water during this period.

Alcohol, a high fat diet and inadequate fasting are known to increase the amount of fat carried in the blood and make interpretation of your lipids difficult.

Clinic Policy regarding notification of blood test results

All blood test results are seen by your consultant who will contact you if there is any concern over your test results, otherwise they will be discussed routinely at your follow up appointment.

It is the policy of London Medical not to provide interpretations of blood test results over the telephone by non-medical staff since this could lead to a misrepresentation of results, and unnecessary concern on your part.

We would strongly advise you to book a 'Results follow up' session if you wish to receive a detailed interpretation of your results by your doctor. This can be done as you leave the clinic following your blood test, especially if you will not be returning for your follow up or annual review appointment for a while.

