

Patient information for blood tests

Dear patient,

When you undergo a blood test, it is important that you adhere to the following guidelines in order to prevent the test results from being adversely affected:

- If you are required to come to the blood test with an empty stomach:
 - you must not eat 12 hours before the blood test (water and tea without sugar are permitted)
 - you must not drink any alcohol for 24 hours before the blood test
- Do not do any strenuous exercise for 3 days before the blood test (e.g. a long run).
- Relax for 5 to 10 minutes before the blood test – stress can distort some results.
- Some medications or foods must be suspended for a certain period of time if you are expressly instructed to do so by your doctor.

If you have any questions, your doctor will be glad to assist.