

Principle Medical Services

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Fasting Blood Test

A fasting blood test is sometimes requested to allow accurate base line measurements. This is the lowest you can expect the sugar and cholesterol figures to be. These levels will of course change if you consume food or sugars prior to the test.

Bearing in mind these changes, you should Fast (refrain) from eating for 12 hours preceding your appointment. You may however, drink water, tea and coffee **without** milk or sugar at will.

We strongly recommend that your appointment should be in the morning of a Monday, Tuesday or Wednesday only. This will ensure your blood sample can reach the laboratory in plenty of time for testing. Abnormal readings will often result in you having to re-attend for another blood test.