

# Blood Test Information

Non-Fasting



## WHAT IS A BLOOD TEST?

- A blood test is when a sample of blood is taken out of a blood vessel in your arm for testing in a laboratory.
- Blood tests have a wide range of uses and are one of the most common types of medical test.
- Our blood tests include the following:
  - Non fasting lipid profile
  - Liver & kidney function
  - Full blood count
  - PSA (for men only)
  - Hba1c (can indicate early signs of Type 2 Diabetes)

## WHAT AFFECTS THE TEST RESULTS?

- A recent infection can produce abnormal results for some parts of the test, please advise prior to attending or if you are taking antibiotics.

## RESULTS

- Your blood sample will be analysed by our laboratory scientist
- Your screening nurse will review the results along with your other tests and advise you by letter whether your results are normal, require you to have a repeat blood test or that you need to see your GP for possible further action.
- With your prior consent your GP will be sent a copy of all your results.
- You will receive a summary of your blood results as part of your health screening report.

## RECOVERING FROM THE TEST

- After a blood test, you may have a small bruised area on your skin
- Occasionally, a larger area of bruising may appear after a blood test.
- Bruises can be painful but are usually harmless. However, tell your GP if you frequently get bruises after having a blood test.
- If you develop severe swelling or redness that is not improving over time and are feeling unwell with a raised temperature and are in pain you should see your GP for advice.

If you do not like needles or have previously felt unwell, please tell the nurse so that they can help you to feel as relaxed and comfortable as possible.



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