

Non-Fasting Blood Test Information



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

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

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.

Can anything affect 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.