Preparing for your blood tests

Before your appointment and after the sample



Only fast if Healthway has asked you to. The preparation depends on the tests ordered.

Before you attend

- Confirm which tests you are having, whether you need to fast, and the exact start and finish times. Plain water is usually allowed during a fasting blood test.
- Ask about your usual medicines and supplements. Do not stop or change prescribed treatment yourself. If you have diabetes, use insulin, are pregnant or need medicine with food, obtain an individual plan before fasting.
- Bring your request form, identification and current medication list. Tell staff about blood-thinning medicines, previous fainting, a bleeding disorder or needle anxiety.

At the appointment

- Tell staff if you ate, drank anything other than water, or did not follow the preparation. A test may need different timing; do not hide this information.
- If fasting was requested, bring a snack for afterwards. Ask staff when you may eat and resume your usual routine.

After the blood sample

- Apply pressure and keep the dressing on as instructed. Tell staff immediately if you feel faint. A small bruise can occur.
- Seek advice for persistent bleeding, increasing swelling, severe pain, redness or a hot puncture site. Confirm when results are expected and who will review them.

Your results need follow-up

A test result is interpreted alongside your symptoms and medical history. Contact the clinic if you have not received the agreed follow-up; do not assume that silence means a normal result.

My appointment checklist

Preparing for your blood tests

Check the instructions before the day of your appointment.

Tell the clinic if fasting is difficult or unsafe for you.

Tests requested

Appointment date and time

Fasting required? Yes / No - confirmed by

Start fasting at / finish at

Medicine and diabetes instructions

How and when I will receive my results

Questions or notes for my appointment

Sources and further reading

Healthway: blood-test preparation
https://www.healthwaymalta.com/patient-instructions.php?topic=blood-test-preparation

MedlinePlus: fasting for a blood test
https://www.medlineplus.gov/lab-tests/fasting-for-a-blood-test/

General information. Follow your individual clinical plan. Sources checked 31 October 2026; review due October 2027.