

Results of your blood tests are normally available a few days after the test. They will be reviewed by your doctor who will note whether the results are normal or whether further investigations or treatment is necessary.

Please note we **do not** routinely notify patients if their results are **normal**.

If you do not hear from us:

- and still feel unwell it is important you phone to arrange a follow up appointment with your doctor.
- but would like the results of your test, you do not need a doctor / nurse appointment but should phone the surgery on 01235 522379 approximately one week after your test between 2pm and 6pm.

The receptionist will be able to give you the doctor's comments which have been noted against your results. If you require more detailed information on your results you will be offered a telephone consultation with your doctor or a practice nurse.

Patient Confidentiality We are unable to give the results of blood tests to anyone other than the patient unless:

- the patient is under 16 years (parent/guardian should contact us)
- we have written permission from the patient to share their information with a family member / carer.

Results will only be given to a family member or carer without explicit consent from the patient in exceptional circumstances—e.g. debilitating health condition.

LONG FURLONG MEDICAL CENTRE

BLOOD TESTS INCLUDING FASTING AND GLUCOSE TOLERANCE TESTS

INFORMATION FOR PATIENTS

Dr E.A. Allan and Partners

45 Loyd Close
Abingdon
Oxon
OX14 1XR

Tel: 01235 522379

Fax: 01235 536321

www.longfurlongmedicalcentre.co.uk

Our Practice Team—a phlebotomist is someone who has received training to take blood.

We have two phlebotomists, Ann and Shauna, and Claire our health care assistant who have all received training in phlebotomy.

Sometimes we also arrange appointments for blood tests with our practice nurses.

Appointments—Most blood tests have to be taken and transported to the laboratory the same day. Therefore all our appointments for blood tests are Monday to Friday between 08:30am and 2:00pm (excluding bank holidays). Unfortunately we do not have transport to the laboratory outside of these times.

Blood Tests can tell us a lot about a patients general health and more specifically help us to identify underlying health problems.

Please do not arrange an appointment for a blood test unless it has been requested by your GP, Practice Nurse, or is required by a hospital consultant prior to or following NHS treatment.

NB we are unable to provide blood sampling for private treatment, occupational health reasons or research.

Children—our phlebotomists do not usually take bloods from children under 16. If your doctor needs a blood sample from your child alternative arrangement may be made with you.

Fasting Blood Tests are taken to measure Cholesterol levels and GGT levels (GGT levels help us to detect liver disease).

Fasting means you should **not eat at least 8 hours** before your appointment but you may drink water.

Your doctor / nurse will inform you if you are to fast prior to your appointment.

Because we ask you not to take food and limit what you drink we will always offer you an **early morning** appointment. (If you work shift patterns please let the receptionist know when arranging your appointment.)

We encourage you to eat and drink something as soon as possible after your blood test so you might like to bring something with you to eat / drink in the waiting room after your appointment.

If at any time you feel unwell during a fasting blood test please let a member of staff know immediately.

Glucose Tolerance Tests are also fasted and are taken to diagnose gestational diabetes (i.e. in pregnancy) which is caused by too much sugar in your blood.

We will need to collect **three blood samples** from you on the same day.

The **first** should be **fasted** so you will be offered an early morning appointment (please let the receptionist know if you work shift patterns).

After we have taken the first sample you will be given a measured amount of lucozade to drink. It is important that you drink all of it over a 10 minute period.

We will take a **second blood sample from you one hour later and a third** blood sample from you **one hour** after your second blood sample.

After you have drank the lucozade you do not need to remain at the surgery between your appointments and may drink water but you should **not eat** anything and **MUST** return to the surgery for your second and third appointments.

We encourage you to eat and drink something as soon as possible after your final blood test so you might like to bring something to eat/drink after your third appointment.

If at any time you feel unwell during a fasting blood test please let a member of staff know immediately.