

Blood Tests – Before & Aftercare

Before Your Appointment

Stay well hydrated for 24 hours prior to your test – dehydration can make veins harder to access.

Have a light meal before your test unless advised to fast.

If fasting is required, do not eat for 8–12 hours prior.

Wear loose-fitting clothing, ideally with sleeves that can easily be rolled up.

Inform us of any medications or supplements you are taking.

If you have a history of fainting during blood tests, please let your practitioner know in advance.

After Your Appointment

Apply pressure to the site for a few minutes after the test to prevent bruising.

Keep the plaster on for a few hours and avoid heavy lifting or strenuous activity with that arm.

If bruising occurs, apply a cold compress for short intervals over the first 24 hours.

Drink plenty of water and have a snack if you feel light-headed or dizzy.

What Happens if You Can't Take My Blood Due to Problematic Veins?

If you have problematic veins, please contact the clinic prior to your appointment to discuss options.

Your booking fee is non-refundable.

A £50 charge will still apply to cover the use of time, products, and services on the day.

When to Contact Us

If you experience persistent bleeding, significant swelling, or signs of infection at the puncture site.

If you feel unwell or faint after leaving the clinic.

Please contact us with any concerns.

Emergency Contact

If you experience any concerns outside of clinic hours, please contact: 07747 835321