

Getting ready for a blood test



Before you go for [a blood test](#) you need to check you have everything you need.

It may be helpful to use a **checklist**.

A **checklist** is a list you make of things you need to remember.



Things to put on your checklist

- Wear short sleeves or sleeves you can easily roll up
- Bring any **paperwork** you may need to show the person who does your blood test.



Paperwork means things like official letters or forms. This could be letters about your health from a doctor.



- Find out where and when your blood test appointment is and write down the address, date and time.

If you can, it's also a good idea to visit the blood test place before your appointment day so you know where it is.



- Make sure you stopped eating on the day of the test if you were told you needed to. This is called a '**fasting**' blood test. You can eat again after the test.



- Take any **medication** at the time you were told to.

Medication means medicines you take like tablets.



- Bring anything with you that will make you feel more comfortable like headphones to listen to music or a blanket.



Other Easy Reads about blood tests

- [What is a blood test?](#)
- [Arriving and waiting for a blood test](#)
- [Having a blood test.](#)



This Easy Read was first published 19/03/2025

Last updated: 19/03/2025.