

THE BLOOD TEST PREP CHECKLIST

A simple checklist for before, during and after your next blood test, so your results are easier to compare and your GP appointment is more useful.

HOW TO USE IT

Print it or keep it on your phone. Tick each step as you go. Keep it with your results so next time you test the same way, which makes the trend far easier to read.

WHY IT MATTERS

One result is a snapshot. Results taken the same way, at the same lab and a similar time of day, turn into a trend you can actually learn from.



WHEN YOU BOOK

- ☐ Ask your GP or the lab whether this test needs any preparation, such as fasting.
- ☐ Book a morning slot if you can, at a similar time to your last test.
- ☐ Use the same lab as last time where possible. Methods and ranges vary between labs.
- ☐ Put it in your calendar with a reminder the evening before.

THE DAY BEFORE

- ☐ Keep training easy. A very hard session can shift some results.
- ☐ Follow any fasting instructions you were given.
- ☐ Aim for a normal night's sleep.
- ☐ Write down anything new since your last test: routine, sleep, training, illness, travel.

THE MORNING OF

- ☐ Drink water unless you've been told otherwise. It can make the draw easier.
- ☐ Bring your referral form, ID and Medicare card.
- ☐ Tell the collector about any medicines or supplements you take, if asked.
- ☐ Note the time of the draw.



WHEN RESULTS ARRIVE

- ☐ Save a copy of the full report, not just a screenshot.
 - ☐ Check the units and the reference range printed on your own report.
 - ☐ Compare with your previous results: steady, rising or falling?
 - ☐ Don't panic about a single flag. Your GP reads it in context.
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QUESTIONS FOR YOUR GP

- ☐ What's changed since my last test?
 - ☐ Is anything worth retesting, and when?
 - ☐ Is there anything I should keep an eye on before next time?
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KEEP IT GOING

- ☐ Set a reminder for your next test.
 - ☐ Keep every report in one place so the trend is easy to see.
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