

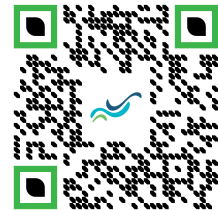
Getting Ready for Your Blood Work Appointment

- Your health care provider has asked you to have blood work done.
- **You do not need a paper copy of the requisition if you are having blood work at a Nova Scotia Health facility.**
- Date ordered: _____
 - › Orders (including standing orders and recurring orders) will expire **1 year from the order date.**
- **You must book an appointment for blood work.**

How do I book an appointment?

- To see a list of locations and to make an appointment online, scan the QR code below or visit:
 - › <https://prebooking.nshealth.ca>

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



You can also:

- Phone:
 - › Toll-free: 1-833-942-2298 or 902-473-2074
 - › Hours: 7 a.m. to 6 p.m., Monday to Friday (closed on holidays)
- Use the YourHealthNS app or visit:
 - › www.yourhealthns.ca

If you are having a glucose tolerance test (GTT):

- › You must book an appointment before 11 a.m.

How do I get ready for my appointment?

Do I need to fast (not eating or drinking)?

- ☐ No.
- ☐ Yes. For how many hours? _____

If you have to fast:

- › **Do not eat or drink before your appointment.** This includes gum and candy. Water is OK.
- › If you need to take your medications, please take them with water only.

Do I need to stop taking any medication(s)?

- ☐ No.
- ☐ Yes. _____
- _____
- _____

How often will I need this test?

- ☐ Once ☐ Every _____

Other instructions: _____

When you come for your appointment:

- Bring your Nova Scotia health card.
- Children must be with a parent or guardian while they are in the waiting room.
- **Do not use scented products before your appointment.** Nova Scotia Health is scent-free.

If you have any questions, please call the health care provider who ordered your test.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: Blood Collection Services Central Zone

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Learn more: <https://library.nshealth.ca/patient-education-resources>