

Wembley Centre for Health & Care  
116 Chaplin Rd, Wembley HA0 4UZ

Routine blood tests are 'walk-in'. Fasting patients can either 'walk-in' or pre-book an appointment. Patients attending for a **Glucose Tolerance Test (GTT)** MUST book in advance.

You can book an appointment for a fasting or GTT test, Monday to Friday, between 1-3pm, by phoning 0208 795 6057. The line does get busy and you are advised to ring after 2pm when the line is quieter.

Alternatively you can book an appointment in person at phlebotomy reception by coming into Wembley Centre between 8am and 3.15 pm, Monday to Friday.

**Clinic Opening Hours:**

Mon-Thurs 8 am-3.15 pm

Fri 8 am-2.30 pm

Willesden Centre for Health & Care  
Robson Avenue, Willesden

Routine blood tests are Walk-in. Fasting patients can either walk-in or pre-book an early morning appointment in advance in the Tuesday Morning Fasting Clinic.

You can book an appointment for a fasting test on a **Tuesday morning**, in advance, Monday to Friday, between 1-3pm, by phoning 0208 736 7131.

**Clinic Opening Hours:**

Mon-Thurs 8 am-3.15 pm

Fri 8 am-2.30 pm

Fryent Medical Centre, 331 Church Lane, Kingsbury NW9 8JD

Blood Tests are by appointment ONLY – Please note that early morning appointments are reserved for fasting patients.

You can book an appointment Monday to Friday, between 9am-3 pm, by ringing 0208 736 7131. The line can get busy in the mornings but is generally quieter in the afternoons. **Clinic Opening Hours:**

Tues & Thurs 8.30am - 12 Midday

Chalkhill Primary Care Centre  
The Welford Centre, 113 Chalkhill Road, Wembley HA9 9FX

Blood Tests are by appointment ONLY – Please note that early morning appointments are reserved for fasting patients.

You can book an appointment Monday to Friday, between 9-3 pm, by ringing 0208 736 7131. The line can get busy in the mornings but is generally quieter in the afternoons.

**Clinic Opening Hours:** Mon & Wed 8.30 am-12 Midday

Stag Lane Clinic  
245 Stag Lane NW9 0EF

Blood Tests are by appointment ONLY – Early morning appointments reserved for fasting patients. You can book an appointment by ringing 0208 736 7131, Mon to Fri between 9am - 3pm. The line can get busy in the mornings but is generally quieter in the afternoons.

**Clinic Opening Hours:** Fri 8.30 am-12

BRENT COMMUNITY  
BLOOD TEST  
SERVICE



# Information for Patients Having a Blood Test



Brent Community Services

## Where Can I Get a Blood Test?

### Community Clinics

If you have been referred for a blood test by a GP or a community specialist in Brent, and you live in Brent or your GP is based in Brent, you can access a blood test at one of our community clinics.

### Referrals from Hospital Consultants

Patients who have been referred for a blood test by a consultant in a hospital e.g. Northwick Park or Central Middlesex are NOT eligible to attend one of our community clinics for a blood test and should attend for their test at the hospital.

### GP Surgeries

You may be able to have a blood test at your GP surgery, providing the surgery *you are registered with* has agreed to offer this. Please contact your GP Surgery for more information.

### Children (Under 12 Years)

Children under 12 years old are not able to have their blood taken in the community clinic. Paediatric blood tests are offered by appointment only. Please ring Northwick Park Hospital (0208 869 3131) or Central Middlesex Hospital (0208 453 2065)

**Full Details of our  
Community Clinics and  
How to Walk-In / Book a  
Blood Test Are Given On  
the Back of this leaflet**

## What Do I Need To Do if I've Been Referred for a Fasting Blood Test?

If you have been referred for a **fasting lipids**, a **fasting glucose** test or a **Glucose Tolerance Test (GTT)** you will be required to fast prior to having your test.

- Please do NOT eat or drink anything, other than water, from 10 pm the night before. You should drink water on the morning of your test to stop you getting dehydrated. You are advised to bring a juice drink and a biscuit/snack to eat after your test.
- You should follow your doctor's advice with regard to taking any prescribed medication on the morning of the test.

## What Do I Do If I've Been Referred for a Glucose Tolerance Test?

This specialist fasting test is only carried out at the Blood Test Clinic at Wembley Centre for Health and Care, 116 Chaplin Road, Wembley HA0 4UZ.

You MUST book a morning appointment for this test, in advance, by ringing the booking line, between 1 - 3 pm, Monday to Friday, on 0208 795 6057. Alternatively you can drop into the centre between 8am and 3.15pm to book in person.

The test takes TWO HOURS to complete:

- A blood sample will be taken first and then you will be given 300mls of glucose solution to drink.
- You will be required to return two hours later for a second sample to be taken. You may wish to take a seat in the waiting room and bring a book or a magazine. This is a resting test so it is important that you do not exert yourself.

- After the second blood sample has been taken you will be able to eat and drink. You are advised to bring a carton of juice and a snack to eat at the end of the test so that you don't feel dizzy.

## How Do I Get My Results?

Results for standard blood tests are available in *approximately* 5-7 working days and are sent straight to your GP by the lab. Results for urgent blood tests are usually available within 24 hours.

Please follow your GP's instructions regarding obtaining your results.



## Please tell a Member of Staff If...

- **You are prone to fainting**
- **You feel faint or dizzy after your test**
- **You would like more privacy**
- **You have a specific request e.g. for a male or female phlebotomist**

## Drink Water Before Your Test



Whether you are fasting or non-fasting - Drinking plenty of plain water before your test will prevent you getting dehydrated.