

## Clinics held at:

### Lordswood Healthy Living Centre

Mon, Wed, Thurs 8.10 – 11.30am

t:01634 337444

### MCH House

Mon to Fri 7am – 3.30pm

Sat 8am – 11.30am

t:01634 337593

### Parkwood Health Centre

Tues, Wed, Fri 8.10 – 11.30am

t:01634 382100

### Rainham Healthy Living Centre

Tues, Thurs, Fri 7.00 – 11.30am

t:01634 337600

### Sunlight Centre

Thurs 8.10 – 11.30am

t:01634 283847

### Twydall Clinic, Gillingham

Mon Thurs, Fri 8.10 – 11.30am

t:01634 384290

### Walter Brice Centre

Mon, Tues, Wed, Fri 8.15 – 11.30am

t:01634 253611

### Keystone

Mon, Tues, Fri 8.15 – 11.30am

t: 01634 717755

### Grain Village Hall

Wed

Appointments only

t: 01634 382270



### Who to contact

Phlebotomy administration

t: 01634 333999

7am-4pm Monday – Friday not including bank holidays

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

### Customer care

Please send any comments about Medway

Community Healthcare services to: -

Customer care coordinator

Medway Community Healthcare

MCH House, Bailey Drive, Gillingham,

Kent, ME8 0PZ

t: 01634 334650

medwaycustomercare@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net

Medway Community Healthcare CIC,  
providing services on behalf of the NHS  
Registered office: MCH House, Bailey Drive,  
Gillingham, Kent ME8 0PZ  
Tel: 01634 337593  
Registered in England and Wales, Company number:  
07275637



## Blood testing clinics

### Phlebotomy



Leaflet reference number: MCH 161.6

## Welcome

Medway Community Healthcare provides a range of local blood testing clinics. If your GP requires you to have a blood test, they will give you a form that will show the test(s) that you require. Please drink plenty of water in the hours before your blood test.

## Preparation

### Fasting:

If you asked to fast for your test please drink plenty of water the day before and on the morning of your test.

To fast correctly, you should **only drink plain water. No black tea, coffee, milk, chewing gum, sweets or food of any kind before your test.**

### Fasting times:

Glucose - 10  
hours Lipids -  
12 hours

### Diabetic – fasting

If you have diabetes and are on tablets or insulin, please **do not** have your medication until after your blood test.

## Tablets

You can take your tablets with water. However, you will not be able to take the tablets that you would normally take with food. Please speak to your GP for further advice.

Blood for **Digoxin** levels is taken 6 hours after you have taken the digoxin.

If you are taking **Warfarin** or **Aspirin**, please inform the Phlebotomist taking your blood, prior to your test, as these tablets may affect the time you take to stop bleeding after the test.

## At the clinic

We do not make appointments for the clinics. On arriving you should take a ticket and then wait for your number to be called. Whilst waiting, please remove your coat and have your blood test form ready.

If you feel unwell before or after your blood test please inform the phlebotomist straight away.

## Children

Children over two years of age are welcome; they will be seen as soon as possible. However if we are unable to take their blood we may need to refer to our colleagues on the children's ward at Medway Maritime Hospital.

You may prefer to book an appointment for your child, if so, please call us on **01634 333999**

## Analgesic creams

Emla cream is an analgesic, which can be used by both children and adults and can be purchased from most pharmacies. If you intend to use this cream, please apply to both arms (in and around the elbow area), one hour prior to your blood test.