

Blood Tests, Monitoring & Your Medicines

Important information for your safety and well-being

Some medicines need regular blood tests to make sure they are safe and working properly. This leaflet explains why blood tests matter and what may happen if they are not done.

Why do I need blood tests?

Blood tests help us to:

- Make sure the dose is safe and correct for you.
- Spot problems early, before you feel unwell.

Without blood tests, some medicines can cause serious side effects, sometimes without any warning symptoms.

"But I feel fine... do I still need a test?"

Yes. Many patients wonder why they need to visit the clinic for a blood test when they feel perfectly healthy and have been taking the same medication for a long time.

This is because many of the most common side effects of long-term medications happen inside the body long before you notice any physical symptoms. For example, if a medicine is affecting your kidneys, your liver, or your salt levels (like potassium), you might not have any warning signs. Blood tests act as an early warning system, allowing us to detect these silent changes and adjust your dose before they cause real harm.

Additionally, your body changes over time. Factors like getting older, losing or gaining weight, changes in your diet, or starting new medications can alter how your body absorbs and filters your medicine. A dose that was perfect for you two years ago might be too high—or too low—today.

What happens if I miss a blood test?

If you miss a blood test, let us know and we will help you rebook the test. We may ask if there are any difficulties attending, so we can help where possible. Please let us know if you are unable to attend or need support.

If we are unable to complete your required blood tests after a few tries, your doctor may need to temporarily adjust or pause your prescription. This is simply to ensure your continued safety, which is always our top priority.