

Having a Blood Test



If you are afraid of needles, please tell the clinic staff before your test.

The staff might talk about ways to support you to make the test easier.



Your blood test will be done by a health care professional.



A blood test can help us to find any illness or problems with your medication.



Blood tests are usually taken from your arm.

Sometimes we may need to take blood from your hand.



This is what we may use to take your blood.



The person taking your blood may choose to wear gloves.



**A band will be put around your arm.
This might feel tight.**



You may be asked to make a fist shape with your hand.



Then the needle will be put in your arm.

This may hurt.



Please sit as still as you can.

It is okay to look away if you want to.



Your blood will flow through the needle and be collected in a special bottle.

More than one bottle may be collected.



The band on your arm will be taken off.



Then the needle will be taken out of your arm.



You will be asked to hold cotton wool on your arm to stop any bleeding.



You will be offered a plaster to put on your arm.



The blood test results will be sent to your doctor who will explain them to you.