



Patient Information Sheet

What to Expect From My Blood Test

Your doctor has referred you to have a blood test. The collection of a blood specimen is a standard procedure, carried out by a trained phlebotomist, involving inserting a needle through the skin and into the vein.


How can you make your blood test easier?

- Increase the amount of water you drink the day before your test and, unless instructed otherwise, continue to drink plenty of water on the day of your test. This will help with the flow of blood and also assist in making you feel fuller if fasting for your test.
- Applying moisturiser from the hands to the elbows for a few days prior to blood collection can help to make the puncture less painful.
- Being warm increases circulation which makes it easier to find a vein. Leave your coat or jumper on in cold weather.

The Venepuncture Process:

- The Phlebotomist will cleanse the arm and attach a tourniquet to help the vein become engorged.
- A needle is inserted through the skin into the vein.
- Various tubes containing a vacuum are attached to the needle to collect the blood.
- After taking the sample of blood, the collector will apply a cotton ball to the puncture site and ask you to apply pressure to the site for approximately 2 minutes to ensure the bleeding is stopped.
- Please continue to apply pressure and remain seated or lying down until the collector applies the BandAid or tape and advises or assists you to move.

The blood collection procedure is usually straightforward; however a small percentage of patients may experience a post venepuncture complication. Please turn the page to see some of the more common complications.



The three most common and accepted risks of venepuncture, either at the time of collection of the sample, or at some time following collection are:

- Bruising and /or Haematoma
- Post venepuncture bleeding
- Pain

The following simple precautions may help minimise possible bruising or discomfort:

- Apply continuous, firm, pressure to the venepuncture site for at least 2 minutes after the needle has been removed.
- Avoid lifting/carrying heavy objects (children, handbags etc) or exercise for at least 2 hours.
- Strenuous exercise shouldn't be attempted for 24 hours.
- Remove the BandAid or dressing from the site after 1-2 hours from application.

If you suffer bruising or a post venepuncture bleed follow basic first aid principles:

- Elevate and apply continuous, firm, pressure to the venepuncture site for at least 10 mins to stop the bleeding.
- Rest the limb.
- Ice the area.
- Use a light bandage to apply gentle compression.
- Contact your GP or Collection Centre if you are concerned.

For further information or to make an appointment, please contact your nearest Collection Centre
Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: www.capitalpath.com.au
- Phone: 02 6285 9800