

Having a blood test

Phlebotomy

Easy Read

Patient Information Leaflet

Introduction

This leaflet explains what happens when you have a blood test.

A blood test is when someone puts a needle in your arm to take a little bit of blood. It might hurt a little, but it is very important. It will help doctors and nurses to look after you.



Blood tests happen in the Blood Test Department at Russells Hall Hospital and Corbett Outpatient Centre.

Look for these signs.



You will go to the desk to tell someone that you have arrived.

You may need to take a ticket from the machine.

You may need to sit down and wait for your turn.



The nurse will call you when it is your turn.

Someone can go with you if you want, like your carer or a member of your family.



The nurse will take you to another room where they will ask you to sit on a chair.

They will ask for your name and birthday.



The nurse will have gloves, gauze, plasters, small tubes and needles to do the blood test.



The nurse will ask you to roll up your sleeve. It may be good to wear a t-shirt.



The nurse will wrap a band around the top of your arm which might squeeze or feel tight, but it does not hurt.



The nurse will hold your arm and tap the inside of your elbow. The nurse may have to look at the other arm too. They want to find the best place to do the blood test.



The nurse will use a special wipe on your arm. This might smell strange and it may feel cold. It may feel different but it does not hurt.



When the nurse puts the needle in your vein, you may feel a scratch or a pinch. It is important that you don't move your arm so that the nurse can take some blood. Someone can help to hold your arm still.



You can watch the nurse or choose to look at something else. You can talk to the nurse or someone who is with you to help you stay calm and stay still. You can also think about your favourite things or look at a book, phone or tablet.



When the nurse has finished, they will put some cotton wool over the needle in your arm. They will then remove the needle and gently hold the cotton wool on your arm.



The nurse will tape the cotton wool to your arm or put a plaster on.

The blood test is now finished.



The nurse will send your blood away to be tested. The results will be sent to your doctor who will explain them to you.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Learning Disabilities Team

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/learning-disabilities/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

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