



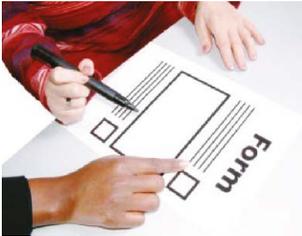
Patient Information Service

Having a blood test





Sometimes people need to have a blood test. This could be for different reasons.



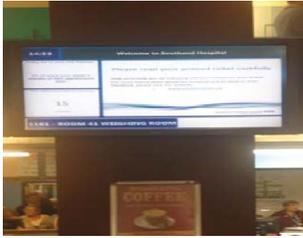
You will need a form from your GP or health worker, to tell us what we need to test.



You can make an appointment at a local clinic or at the hospital. Please let us know if you need a larger room or some extra time so that we can make sure you get the best service.



If you come to the hospital and you do not have an appointment you will need to check in using the machines in reception.



You will be given a ticket with a number which will appear on the screens. You will be directed to the correct waiting area.



If you have an appointment you can check in using the machines and go to the blood test department on the mezzanine floor five minutes before your time.



While you are waiting it is a good idea to take your coat off and to roll up your sleeves.



After a short wait, a member of staff will call your number and will ask you to go to a room and sit in a chair.



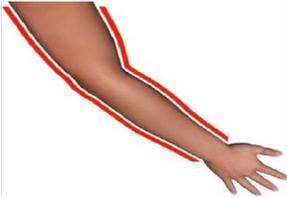
The member of staff will ask you your birthday and tell you what is going to happen.



If you are scared of needles please tell the staff.

They can use some cream to make your skin numb so the needle will not hurt you.

This takes about 45 minutes to work.



They will put a tight strap around your arm.

It will feel strange but should not hurt.



You may be asked to open and close your hand, to make a fist. Your arm will be cleaned with a cotton ball. This is cold and wet.



The staff will then put a needle in your arm. It will probably hurt a little bit. It sometimes helps to look away from the needle so you can't see.

Try to keep your arm very still.



The blood will run into a small tube, which will be sent away to find out what is wrong with you.



The blood test only lasts a few seconds so you won't hurt for very long.

Afterwards, the nurse will take off the strap and will put a piece of cotton wool and a plaster on your arm.



The bleeding will stop very quickly.

You can then put your coat back on and leave the hospital.



A bruise can develop where the needle was, but this goes away. It might also be sore.



Your doctor will tell you if there is anything wrong and what treatment is needed.

For further help you can contact



The specialist learning disability nurse.



01702 435555 ext 6448.



Or see our website pages for people with learning disabilities.



www.southend.nhs.uk



Patient Information Service

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the learning disabilities nurse specialist on: **01702 435555 ext 6448**.

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:

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