

## Phlebotomy (Blood Test) Department Information

**A blood test has been requested to help gather more information about your health.** We understand that some people will be worried and find blood tests unpleasant. We will treat everyone with care, consideration, privacy and dignity.

### When are we open:

- **Monday to Friday between 08.30 and 17.00**  
The last booked appointment can be made at 16.45.
- Weekends and Bank Holidays – closed.

### Appointments: to make an appointment please call 01603 286921

- We currently run daily clinics for children and babies from 6 months old to 16 years in the West please advise us of any special requirements when booking.

### How to find us

The Phlebotomy Department is situated in the East and West Outpatient areas on Level 3. Please follow the signs for Blood Tests.

### What to do when you arrive

Check in at reception, where your form will be checked and you will be asked to take a seat and wait to be called through to the clinic room.

### Please tell the phlebotomist: (Phlebotomist is a member of staff who is trained in taking blood samples)

- If you have had any problems with blood tests such as feeling faint.
- If you take medication that thins your blood such as warfarin or aspirin.
- If you are fasting.

### Having blood taken

When entering the phlebotomy room a member of staff will ask you to take a seat. They will then ask you your name and date of birth. One blood test request may require several different sample tubes of blood, but these can usually be taken from a single skin puncture.

After the blood has been taken, we cover the puncture site with a dressing and ask you to apply pressure. If you are unable to do this, the phlebotomist will help. This will reduce the risk of bruising. Keep the dressing on for at least 30 minutes.

Overexertion with that arm should be avoided for at least 2hrs

On a small number of occasions a small bruise may occur after the blood test. This is normal and will go down after a few days in the way any other bruise does.

Patient Information Leaflet for: Phlebotomy Department Information

Author/s: Sally Bailey

Author/s Title: Phlebotomy Manager

Approved by: PIF

Approved: 17.12.2021

Review date: 17.12.2024

Available via Trust Docs

Version: 5

Trust Docs ID: 9713

Page 1 of 2

## **Special circumstances**

- Fasting Blood Tests

If your doctor asks you to fast before your blood test, please do not eat or drink anything except for water on the day of the test. After the test, you may eat and drink normally.

Please seek advice from your doctor about any medication you are taking to see if this should be stopped before the test.

- Glucose Tolerance tests (GTT)

Please ensure you have fasted (Sips of water only during fasting period and no smoking) for 12 hours before test.

Be prepared to be in the department for a minimum of 2 hours.

After an initial blood test, you will be given a drink. You will be asked to wait (Waiting time will depend on type of GTT patient is having, usual time will be 2hrs) for a further blood test.

During this time, it is important that you do not drink, take any exercise or smoke (this includes E-Cigarettes and vapers).

## **Results**

The phlebotomist is trained to take your blood but not to discuss your blood tests or medical condition.

Your results will either be sent to your GP or Consultant. Please contact them for your results.

## **Comments or suggestions**

Please contact PALS on 01603 289036.

For more information on Laboratory or Phlebotomy Services, please go to [www.nnuh.nhs.uk](http://www.nnuh.nhs.uk).

