

# Having a blood test



**Please be aware this document contains photographs of blood being taken**



Caring and building a  
healthier future for all



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.



Bloods tests can be done by a nurse or a doctor or a special worker called a **phlebotomist**.



Having your blood tested can tell the doctors if you are poorly.



Blood tests are usually taken from your arm.



This is what we will use to take your blood.



The nurse or doctor will be wearing gloves.



The nurse will ask you your birthday and tell you what is going to happen.



If you are scared of needles please tell the nurse.



The nurse or doctor will put a band around your arm.

This might feel tight.



The nurse or doctor will clean your skin.



You might be asked to make a fist with your hand.



The nurse or doctor will put a needle in your arm.

This might sting a little.



You will be asked to stay still.

You can look away if you want.



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



The band will be taken off your arm.



The nurse or the doctor will take the needle out of your arm.



They will put some cotton wool on your arm.



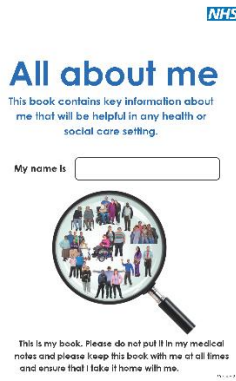
The nurse or doctor might put a plaster on your arm.



The nurse or doctor will tell you when the blood test is finished.



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



If you have an All About Me Booklet please bring it with you.

If you don't have one you can complete digital one. Scan this QR code with your phone camera.



Scan this QR code to see our range of easy read information.



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If you require this information in an alternative format please email the Patient Information team at

[ulth.patient.information@nhs.net](mailto:ulth.patient.information@nhs.net)



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