



Having a blood test

What happens when you are
ill you need a blood test



Easy Read Booklet



If you are ill, the doctor may ask you to have a blood test.



You will need to go to the Blood Test department where you will take a ticket with a number on and will then sit and wait.



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 nurse will call your number and will ask you to go to a room and sit in a chair.



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.



They can use some cream to make your skin numb so the needle will not hurt you. This takes about 45 minutes to work..



She 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 nurse 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 you if there is anything wrong and what the treatment is needed.

If you are an adult with learning disabilities, the Acute Learning Disabilities Liaison Nurses can talk to you if you need any help. They can also talk to your carers if they have any questions.

You can telephone Monday to Friday, 9.00am to 5.00pm



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