Having a blood test

This leaflet explains what happens when you have a blood test

A blood test can be done by a doctor or a nurse or a special worker called a phlebotomist.

A phlebotomist is a health worker whose job it is to take blood.

A blood test can be done at your doctor’s or in a hospital.

It can tell your doctor if there is anything wrong with you.
• the nurse will put a tight band around your arm and ask you to keep still

• the nurse will put a needle into your arm - it might hurt a little - it sometimes helps to look away

• your blood will flow through the needle and will be collected in a special type of bottle

• this will be sent to the laboratory to be tested

• the nurse will take the band off your arm - you might be asked to press some cotton wool on your arm when the needle is taken out

• your arm should not bleed, but the nurse might give you a plaster
• you will be able to go now

• the results will be sent to your doctor who will explain them to you

If you are worried about having a blood test and would like to talk to someone, you can contact

• your doctor

• your local learning disabilities team