



Blood Test Instructions

Your doctor has ordered a blood test to help in your diagnosis and treatment, and I am going to collect a little blood from your arm. If you are feeling nervous, take slow deep breaths until the procedure is completed.

1. Please sit down and place your bare arm on the table.
2. I am going to place a tight band (tourniquet) on your arm for a short time to swell the vein.
3. You will feel a needle prick which may hurt a little, but you must keep your arm straight and still.
4. When the test is completed I will remove the tourniquet.
5. Then I will ask you to press your finger on the absorbent swab to help stop any bleeding. Then I will place a band-aid on your arm to cover the puncture. Remove this in an hour or two.

THANK YOU FOR YOUR CO-OPERATION. THE RESULTS OF YOUR TESTS WILL BE SENT TO YOUR REFERRING DOCTOR. GOOD-BYE.

Health Information and Translation Services,
Department of Health, NSW

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.