

If English is not your first language and you need help, please contact the **Interpretation and Translation Service**.

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

رگا نابز یلہپ یک پآ یزیرگنا تمدخ بمجرت روا ینامجرت مرک ہارب ، وت ے ترورض یک ددم وک پآ روا ے نیہن نیرک بطبار ےس

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যিদি আপনার .থম ভাষা না হয় এবং আপনার সাহায্যের .য়োজন হয় তেব অনু-হকের ?দাভাষী এবং অনুবাদ পিরেষবা@েত ?যাগাযোগ কবন

ةيريرحتلاو ةيوفشلا ةمجرتلا ةمدخب لاصتلا بجريف ، ةدعاسم بلا جاتحتو بلولأا كتغل يه ةيزيلجنلا نكت مل اذإ

☎: 0333 344 5710

@: ukgovinterpreting@thebigword.com

For sign language

☎: 023 8021 3888

@: interpreting@sonus.org.uk

Our Blood Test Site:

Forton Medical Centre

Whites Place

Gosport

PO12 3JP

Tel: 023 8231 1034

www.thewillowgroup.nhs.uk

We have plenty of parking at this surgery

Bus Route E1, 11

Opening Hours

Monday – Friday 8am – 6.30pm

TIP

Water

Drink plenty of water before you attend a blood test appointment.

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The
**WILLOW
GROUP**

Blood Tests

An Information
Guide

The Willow Group is run in partnership with
Southern Health NHS Foundation Trust

Blood Tests

You may require a blood test for a number of reasons:

For example, a blood test can be used to:

- ✓ As part of an NHS health check.
- ✓ An Annual review.
- ✓ Check if you have an infection.
- ✓ See how well certain organs, such as the liver and kidneys, are working.
- ✓ Screen for certain genetic conditions

Most blood tests only take a few minutes to complete and are carried out at your GP Surgery or local hospital by a Phlebotomist (a specialist in taking blood samples).



Things I need to know before I have a blood test:

Venepuncture (blood taking) is a mildly invasive procedure that involves puncturing a vein to obtain blood and is not without risk.

It is common to have a small amount of bruising after the procedure, due to bleeding under the skin. This is normal and should resolve after a few days. However, if the area becomes red or swollen seek advice from your local practice.

Occasionally the arm may have a large area of bruising. This is usually due to insufficient pressure having been applied once the needle has been removed or through damage to the vein when the needle has been inserted due to fragile veins.

Although this can be painful, it usually resolves itself within a few days.

Patients taking anticoagulants (blood thinners) will bruise more easily.

Another complication of the procedure can be tendon or nerve damage when access to the vein has been compromised.

Please advise the phlebotomist if you feel any exceptional pain at the time of needle insertion as the procedure will be stopped immediately.

In rare circumstances medical advice may be required as damage to nerves and tendons can take weeks to resolve.

Things I need to do:

Please:

- Tell the person taking your blood sample if you take any medication that thins the blood (such as Warfarin or Aspirin).
- Advise the phlebotomist if you have experienced difficulty in obtaining blood previously.
- Say if you have a preference for which arm is used.
- Tell the phlebotomist if you are afraid of needles or the sight of blood.
- Advise the phlebotomist if you have felt faint or actually fainted when having blood tests previously.
- Keep your arm straight throughout the procedure and immediately afterwards.
- State immediately if you feel intense pain or burning.
- Keep the dressing on for at least one hour.

Find out more about our services on
www.thewillowgroup.nhs.uk