

INSTRUCTIONS TO PATIENTS BEFORE BLOOD COLLECTION SAMPLE



Following your doctor's instructions is the most important part of a blood test.



Sleeping well, staying hydrated & avoiding certain foods & drinks can also provide benefits.



If you need to fast also consider avoiding activities like smoking, drinking alcohol & chewing gum.



It is preferable to wear short sleeves under your outerwear for easy access to your arm when taking a blood sample.



Please bring your identification card with you.



A blood draw is a quick procedure that usually takes only a few minutes.



Inform the receptionist that you are there for a blood test. Then, have a seat in the waiting area until the technician calls you to the blood drawing area.



The technician will ask you to sit in a phlebotomy chair.



If you have experienced dizziness after blood collection in the past, tell the technician. Stay in the chair after blood collection until the dizziness is completely gone.



It is normal to feel slight pain or have a small bruise on your arm after a blood draw, where the needle was inserted. This pain usually goes away within a few days.



Please do not hesitate to tell the technician if you are feeling nervous. They will be happy to help you feel more comfortable, including discussing options like lying down instead of sitting.

To help reduce anxiety during blood collection, here are some tips:

- Talking to the technician can help distract you.
- Take deep breaths before and during the blood draw.
- Focus on each breath going in and out to distract yourself.
- Avoid looking directly at the needle during the blood draw.
- You can bring a trusted person to provide support and comfort during the blood draw.