

Having a blood test





Blood can be taken by a nurse or doctor.



If you are scared of needles please tell the nurse.

The nurse can use some cream to make your skin numb, so the needle will not hurt you.



They will tie a thick band on your arm.

The band will feel tight.



You will need to keep your arm still.

They will put a needle into your arm.

You will feel a sharp scratch



Your blood will go into a blood bottle



They will remove the band and needle from your arm.

They will put a piece of cotton wool on your arm.



They will put a plaster on your arm.



Your doctor will talk to you about your blood test.

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If you would like some more help please contact Patient Advice and Liaison Service (called PALS for short). PALS can also help you tell the nurses and doctors what you think of your care. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.