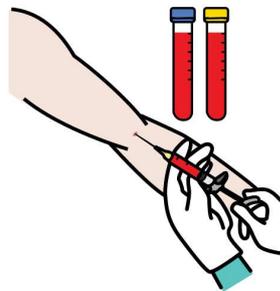
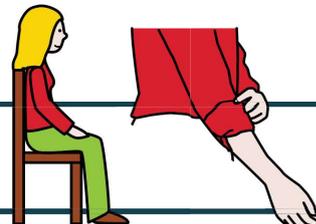


# Having a Blood Test

## A visual guide



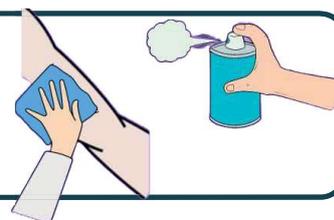
- You will be asked to sit down on a chair and roll up your sleeve.



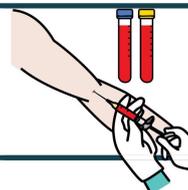
- We will put an elastic band (tourniquet) around your arm.
- We will apply some pressure with a finger to find the vein.



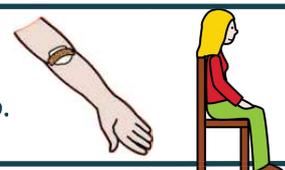
- An alcohol wipe will be used to clean your arm.
- We may offer some numbing spray that can be helpful as a distraction.
- We will ask would you like a countdown before the needle is used.



- A small amount of blood will be taken from your arm or hand using a needle, which may feel like a pinch or a slight sting.



- A small plaster will be placed on your arm after the blood test.
- Take 2 minutes to make sure you are feeling ok and then you are ready to go.



- Let us know if you need any help or have any questions. We are happy to help.

