

**A D U L T B L O O D W O R K**

**PATIENT INFORMATION SHEET**

**What is bloodwork?**

“Bloodwork” is the procedure that occurs when a skilled healthcare professional inserts a needle into a vein in your arm to remove a small amount of blood for laboratory testing. Bloodwork is ordered by your physician to help her/him make informed decisions about your treatment.

**What can I expect when my physician orders bloodwork?**

You will be asked to sit in a chair or recliner. You should try to relax and be comfortable.

1. Both arms will be inspected for the best site. The skin will be cleansed with an antibacterial agent and allowed to dry.
2. A tourniquet, which is a rubberband-like material, will be placed on the arm. The tourniquet squeezes the arm and fills the vein with blood. This remains in place until the needle is determined to be in place.
3. The needle will be inserted into the largest vein available which causes the least amount of discomfort.
4. The insertion of the needle may be uncomfortable but the discomfort should not last.
5. Several tubes may be needed as requested by your physician. Different color tubes are required for different tests. The average tube only holds 2 teaspoons of blood.

**What do I need to do?**

Notify the clinician if you have taken aspirin or aspirin products recently. *You will be asked to hold your arm still during this procedure.* You do not need to watch the procedure if this makes you uncomfortable. If you feel lightheaded or dizzy, please inform the healthcare professional.

**What can I expect after the bloodwork is drawn?**

Once the bloodwork is obtained, the needle is removed and firm pressure is applied over the site with a bandage to prevent bleeding and minimize bruise formation.

1. Leave this bandage in place for 2 hours
2. Do not lift anything heavy for 2 hours after having bloodwork drawn. Lifting may put stress on the site and cause it to bleed.
3. You will be allowed to leave the area when a healthcare professional has determined that there are no signs of bleeding at the site.
4. Bruising may occur with this procedure.