

WHAT IS A BLOOD DRAW?

BLOOD DRAW BASICS



A blood draw (sometimes called a blood test) is a way to collect blood so that lab testing can be done to check your health. A needle is used to draw blood out of your vein. The needle is attached to thin tubing with a syringe or collection tube at the end where the blood is collected. The blood is then sent to a lab for testing. The results of your blood test are then forwarded to your doctor.

STEP ONE

A tourniquet, or rubber band, will be tied around your arm. This will make your veins easier to see and feel. This band might feel tight. Your nurse may tie the tourniquet in a few different places before choosing where to draw your blood.



STEP TWO

Once your nurse has chosen the best vein to use, they will clean the area with a cold, wet sponge or alcohol wipe.

STEP THREE

Your nurse will use a needle to poke through your skin and into your vein. This may cause you some discomfort. A small amount of blood will flow into attached tubing.



STEP FOUR

Your blood will begin to collect in a syringe or clear tube with a colored top. Your nurse may fill more than one syringe or collection tube.

STEP FIVE

After your blood is collected, your nurse will remove the tourniquet and take the needle out of your arm. A band-aid or stretchy wrap will be placed over the area.



STEP SIX

Your blood will be sent to the lab to be examined. Your doctor will receive the results and go over them with you.

COPING

While getting your blood drawn can be stressful, there are many ways to make the process easier.

Relax your body.

While it may seem difficult, keeping your body relaxed will help keep your veins from tensing up, making the blood draw easier.

- Take deep breaths, counting to 5 as you inhale and then counting to 5 as you exhale
- Listen to music or watch a video
- Imagine how your body feels when you are relaxed
 - Where are you?
 - What are you doing?
 - Who are you with?

Tell the medical team what might help you feel more comfortable.

Ask yourself these questions:

- Would you like to sit up or lay down?
- Would you like a support person to sit next to you or hold your hand?
- Does it help you to watch the procedure or to look away?
- Would you like a 1-2-3 countdown before the poke?

Use pain management tools.

- Buzzy is a vibrating bee that is held against your skin right above the area where your blood will be taken
- The vibration distracts your brain from the poke and may help so that you do not feel it as much
- Let your nurse know if you would like to use Buzzy