

# Castle Donington Surgery

## Patient Information: Blood Test

A blood test is a medical procedure in which a sample of your blood is taken for analysis in a laboratory. This test can help us diagnose conditions, monitor your health, and assess organ function.

Here's what you need to know before and after your blood test:

### Preparing for Your Blood Test

- **Fasting:** Some tests require fasting (not eating or drinking anything except water) for 8-12 hours before the test. Be sure to ask or check your blood form if you are unsure.
- **Hydration:** Drink plenty of water before the test to help make the blood draw easier.
- **Bring your form:** If you have been asked to have a blood test by the hospital, ensure you bring the blood form with you. We cannot perform the blood test without it.
- **Clothing:** If at all possible wear clothing that is easy to remove or which gives easy access to your arms.

### What to Expect During the Blood Test

- A healthcare professional will prepare / clean the area (usually inside your forearm) and insert a needle into a vein to collect the blood sample.
- You may feel a quick pinch or slight discomfort during the needle insertion.
- The entire procedure typically takes just a few minutes.

### Possible Side Effects After the Blood Test

- **Pain or Discomfort:** Some people may experience mild pain or discomfort at the site where the needle was inserted. This should pass quickly after the procedure.
- **Bruising:** It is common to experience a bruise or redness at the site where the blood was taken. This is usually mild and should fade within a few days.
- **Light-headedness:** You may feel a little light-headed or dizzy after the test, especially if you are sensitive to having blood drawn. If this happens, sit or lie down until you feel better.
- **Swelling:** Some people may experience slight swelling at the site of the blood draw. If this occurs, apply a cold compress to the area to reduce any swelling.

If you experience any prolonged side effects after the blood test, contact the practice.

### What Happens Next

Please allow a 1 – 2 weeks for results to be returned and for the doctor to review them

- We will contact you should there be any follow up action required.
- Results, once reviewed, are accessible to those patients who have online access to their medical records via the NHS APP.
- We do not contact patients who have “normal” results.

If you have any concerns or questions about your blood test, be sure to discuss them with the healthcare professional before the procedure.