

Having a blood test in hospital

If you are not well, the doctor may ask you to have a blood test.

This can be done at your doctor's surgery or at the hospital.



You will go to the Blood Tests department where you will take a number from the machine and will then sit and wait.



You or your carers let one of the staff know that you have a learning disability and can't wait for a long time.

While you are waiting it is a good idea to take your coat off and to roll up your sleeves.



After a short wait, the person doing the blood test will call your number and will ask you to go to a room and sit in a chair.

He or she will wear a name badge and will introduce themselves to you.

He or she will put a tight strap around your arm. It will feel strange but should not hurt.

He or she will also ask you to hold a tube or squeeze your hand. This is so that he or she can see your veins (where the blood runs through).



The person doing the blood test will then put a needle in your arm. It will feel like a sharp scratch. It sometimes helps to look away from the needle so you can't see. Try to keep your arm very still.



The blood will run into a small tube, which will be sent away to find out what is wrong with you.



The blood test only lasts a few seconds so you won't hurt for very long.

Afterwards, the person doing the blood test will take off the strap and will put a piece of cotton wool and some tape on your arm.

The bleeding will stop very quickly.



You can then put your coat back on and leave the hospital.

Your doctor (GP) will tell you if you need treatment and what this will be.



Having a blood test – Easy Read

If you or your carer needs help while you are in the hospital, ask one of the nurses to either call the Learning Disability Liaison Nurses on ext 8159 or on mobile number 07879 425 803 or 07500 559177.



More information for people with learning disabilities and their carers can be found on the Trust website at:
www.royalberkshire.nhs.uk



Also available in this series:

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- Going into hospital
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- Going to the Emergency Department (A&E)
- Having a general anaesthetic
- Having a scan
- Having an X-ray
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