

Adult Blood Tests

A blood test is often done to check your health, or to find out why you're having certain symptoms. It involves having a small amount of your blood taken for testing.

Why a blood test is done

There are lots of reasons why you may need a blood test.

A blood test may be done to:

- check your general health
- find out if symptoms you're having are caused by certain conditions
- find out if you're more likely to get a condition
- find out how well a condition is being treated or managed
- Pre and post operation

How to get a blood test

If a healthcare professional such as a GP, nurse or a specialist thinks you need a blood test they will generate a laboratory request form. This form is needed by the phlebotomist (person who collects blood) so that they can correctly identify you and ensure the right samples are collected.

Preparing for a blood test

The GP, nurse, or specialist should tell you if you need to do anything to prepare for a blood test. For example, for a short time before some tests, you may need to not eat or drink anything other than water (fast).

Things we need to know about you:

- Your full name and date of birth
- If you are worried about needles
- If you have any allergies
- If you have fainted before during a blood test
- If you have had a mastectomy

You can bring a person with you to support you during the blood test

It is important to us that you understand the procedure and consent to the collection before the phlebotomist begins. You can ask us questions at any time.

What happens at a blood test?

A blood test is usually done at a GP surgery or laboratory collection room. The test usually takes about 10 minutes.

A phlebotomist will take a small amount of blood, usually from the inside of your elbow, using a needle. Sometimes blood may be taken from your wrist, or your finger (called a finger-prick test).

A soft strap (tourniquet) may be put around your arm first. This helps to make taking blood easier.

You'll feel a scratch as the needle goes in, which may be a bit uncomfortable. Your blood will be collected in a small tube which will be sent to a lab for testing.

After the test, pressure will be applied and when there is no bleeding a dressing will be applied to cover the area where the blood was taken.

After your blood test

The dressing should be kept on for 15 minutes

Avoid heavy lifting for two hours to avoid the wound reopening

Occasionally there are side effects from a blood test:

- **Bruising**

A cold compress can be applied to reduce discomfort

- **Swelling**

This can occur around the area where your blood was taken.

A cold compress can be applied to reduce discomfort. If swelling is large or increases in size contact your doctor for advice

- **Pain**

Any persistent numbness or pins and needles in the arm or fingers contact your doctor for advice

- **Faint**

If your symptoms don't resolve quickly, we will advise you to talk to your doctor. The phlebotomist will make sure that you are recovered before you leave the room.

If you have any concerns regarding your health or the service provided there are patient surveys and feedback forms available at all of our locations or use the QR code below:

Please use your mobile device
to access the short survey



What happens next

Your samples are sent to the laboratory for testing. The results are sent directly to the requesting clinician at the completion of testing.

Your personal information and laboratory results will be managed in accordance with the

New Zealand Privacy legislation: [Office of the Privacy Commissioner | What are your privacy rights?](#)

Collection Sites

Central Hawke's Bay Health Centre Collection Rooms

Ph. 06 858 7797 ext. 5553

Collection hours 7.30am – 4:00pm

Napier Health Centre Collection Rooms

Ph. 06 834 1815 ext. 4142

Collection hours 8am – 5pm

Wairoa Health Laboratory Collection Rooms

Ph. 06 838 9710 ext. 4859

Collection hours 7.30am – 3pm

Villa 8 Hastings Hospital Collection Rooms

Ph. 06 878 1308 ext. 2648

Collection hours 8am – 5pm

If you have persistent discomfort after specimen collection or have been seriously unwell during your visit, please ensure you seek medical attention as soon as possible.

Our team of phlebotomists are trained in specimen collection **BUT** we are not nurses or doctors and provide you with medical advice.