

# BLOOD COLLECTION VENOUS



**ARRIVE AT THE HOSPITAL**  
1st Floor by South Street Entrance



**CHECK IN AT KIOSK AND TAKE A SEAT**  
The registration clerk will call you up to the desk using the number you received at the kiosk.



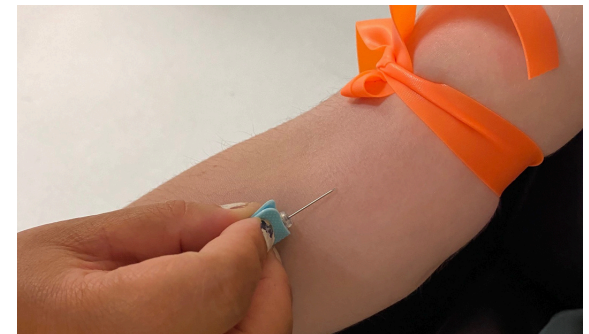
**ONCE IN THE BLOOD COLLECTION ROOM, THE MLA WILL LOOK AT THE VIENS IN YOUR ARMS.**  
They use a tourniquet (a stretchy band) to help them see your veins.



**THE TOURNIQUET TIES AND SQUEEZES YOUR ARM.**  
They may also ask you to make a fist or squeeze a toy with your hand.



**THE MLA CLEANS YOUR ARM**  
They use a small square wipe which may be cool and smell a bit.



**THE NEXT STEP IS PLACING THE NEEDLE**  
During this step, your job is to hold your arm still and take deep breaths. The needle stays in your vein for a short time.

# BLOOD COLLECTION VENOUS



## COLLECTING THE BLOOD

This happens using vials that can be attached to the end of the tube connected to the needle. A small amount of blood is needed. Your body has lots of blood.

## A BAND-AID

Once the blood is collected the tourniquet comes off, the needle comes out and a Band-Aid or cotton ball goes on your arm

## DONE

Its time to go home, to a clinic appointment or to finish your pre-op. You did it! Great job!



## NUMBING CREAM AND/ OR BUZZY

You can ask for these two options so that you do not feel as much or any of the needle poke.

## COMFORT POSTIONS

Ask what options you have for how you sit while getting the blood collection. You can have a caregiver with you. You can watch or look away.

## DISTRACTION

It might help to keep your mind busy. you can play a game like I Spy, look at your device or talk to the staff or your caregiver about what you will do after your appointment.