



Your Venipuncture

In most cases, a blood sample is taken from a vein on the inner part of the arm called the antecubital fossa, opposite the elbow. After the sample is taken, you should apply pressure with your fingers to the gauze over the venipuncture site. Maintain pressure for at least 10 minutes, following all instructions. Releasing the pressure prematurely may cause bruising.

The phlebotomist will apply a tight pressure tape over the gauze. Leave this on for 1/2 hour only. (Patients who easily bruise or are on aspirin or coumadin therapy should leave the bandage on for one full hour.) Avoid strenuous activity or any heavy lifting with the arm used for one hour. These techniques will prevent seepage under the skin or reopening of the venipuncture site, thus avoiding a bruise.

You should bring something to eat and drink after your blood is taken especially if you are fasting or if you typically get queasy (ill) after having blood drawn. If you know that this happens to you please inform the phlebotomist before they take your blood. If you should feel faint after leaving the lab you need to sit down or lie down and drink some water until this feeling passes.

Procedure

1. While in the waiting room, please listen carefully for your number to be called.
2. When it is called, enter the door to the left of the laboratory office.
3. Place your belongings on the counter to the left of the large reclining chairs.
4. Give your requisition papers, labels, picture I.D., and number to the phlebotomist.
5. Inform your phlebotomist of any problems you have had in the past with your venipuncture, if it is your first time for this procedure, or if you are allergic to latex.
6. Be seated in the large reclining chair on the far side of the room.
7. You should be in the room approximately 2 - 5 minutes for most routine tests.
8. Do not bend your arm after the needle is removed. Keep the arm straight and apply direct pressure to decrease the size of the bruise.
9. Follow all instructions to avoid bruising and remember to remove your bandage 1/2 an hour to one hour after leaving the lab.
10. Your results will be sent to the health care provider that ordered the test. They will contact you if any results are abnormal.

If you have any questions or concerns about the venipuncture while in the lab, ask your phlebotomist. If you have any questions or concerns after you leave the building, call the Dial-A-Nurse at 333-2700, or come to the McKinley East 1 Clinic.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>