



Blood Work

I Don't Like Needles – What Should I Do?

If you are uncomfortable with needles or have had reactions (fainted, had dizziness) in the past when having blood drawn, make sure you tell the laboratory staff before the procedure is started. We want to make sure that you feel comfortable and safe and will take special precautions such as lying you down.

The best way to approach the procedure is to relax, look away, or close your eyes. Do not watch the needle and do not hold your breath as this can make it worse.

Talking to the phlebotomist can help. If you have a reaction, we will take care of you and you will be asked to stay around for a while so we can make sure you are feeling OK before leaving the drawing site. If after leaving the drawing site you feel faint or dizzy, sit or lie down immediately.

My Child is Having Blood Drawn

Depending on the child's age, it is a good idea to explain to the child what is going to happen. Comforting them by letting them know it might hurt a little and will only last for a few seconds is a good idea. You can tell them how brave they are and that you will be with them the whole time.

The fact is that most children will still cry, or fight no matter what you say to them; however, being honest is always the best and helps to establish trust. Lying to them about what's happening can make them distrust you and phlebotomists in the future.

We will do everything we can to make your child feel as safe and comfortable as possible.



HAVING YOUR BLOOD DRAWN?

By Jean E. Forsberg, M.D.



LABORATORY INFORMATION ABOUT HAVING YOUR BLOOD DRAWN



Your doctor has determined that you need to have blood drawn to have some type of laboratory testing done. Venipuncture is the process of drawing blood from a vein for testing.

The Laboratory at Great Plains Regional Medical Center wants to make sure this process goes as smoothly as possible so we have created this information sheet to help explain the process. Don't hesitate to ask us questions, 580-821-5552.



Do I Need to Do Anything Beforehand?

Sometimes certain testing requires that you fast before having your blood drawn such as glucose (sugar) or triglyceride (type of fat) testing.

Your doctor's office will tell you if anything special needs to be done. The laboratory can also tell you if the testing ordered by your doctor requires anything special.



Who Will Draw My Blood?

Your blood will be drawn by a phlebotomist who has a certificate or extensive on-the-job training to perform venipuncture. A Medical Technologist or Medical Laboratory Technician are professionals that can draw your blood and will also perform the testing. When arriving at the hospital, go to outpatient registration first, then we'll direct you to the laboratory.



What Can I Do to Make the Process Easier?

Make sure you are rested and drink plenty of water.



Drinking water beforehand helps to keep you hydrated and prevent reactions. Being hydrated also helps to increase your blood volume which can make it easier for the phlebotomist to find a vein for venipuncture.



Eating normally beforehand can also help to make the procedure easier unless the testing requires that you not eat for 10-12 hours beforehand.

If you are required to fast, drinking black coffee or water is OK, as long as no sugar or cream is used.



Do I Need to Bring Anything with Me to the Laboratory?

Yes, bring any paperwork that your doctor has given you about what testing he/she has ordered.



You will be asked to show a government issued ID such as a driver's license and proof of insurance.



Some people like to bring a friend or family member along for company and support.



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