

## **Blood Tests**

Blood tests are usually performed to determine how your body is coping with an illness, to aid in the diagnosis of certain medical conditions and ensure safety following the administration of specific medications.

### **Preparation**

You do not require to do anything in particular to prepare for blood tests. On occasion you may be asked to not eat or drink for 8 hours before blood tests.

### **The Test**

A tight strap (a tourniquet) is wrapped around your upper arm. The skin around the chosen vein is cleaned and then a small needle is inserted into the vein and a small blood bottle is then attached to collect the sample. After the needle is removed a piece of gauze is placed over the puncture site and you will be asked to press on the area for a few minutes. Bleeding usually stops very quickly but may take a little longer if you are on blood thinning medications.

### **Duration**

Blood tests take no longer than 5 minutes.

### **After Your Test**

Depending on the tests requested, the majority of results are available within 48 hours.

Prof Ruparelia will discuss the results of any blood tests and explain their significance.