

INSTRUCTIONS FOR GIVING A BLOOD SAMPLE FOR A PATIENT

Blood analyses are used to assess or monitor, if necessary, your health status. Your physician will decide whether it is necessary to analyse your blood. You will receive a referral for blood tests from your physician, a nurse, or an authorised employee. Blood samples do not always have to be given in the morning and fasting is not required for the majority of the analyses.

Preparations for giving a blood sample:

- avoid previous intense physical activity;
- you may eat and drink normally on the day before giving a blood sample, but avoid fatty food and alcohol, if possible;
- if a **glucose analysis (Gluc)** has been ordered for you, the blood sample must be collected at least 3 hours after your last meal;
- if your blood analyses require fasting, you must not eat or drink for 10–12 hours before giving the blood sample. The following blood analyses require fasting: folate (fP-Fol), vitamin B12 (fP-Vit B12), angiotensin-converting enzyme (fS-ACE), glucose tolerance test (GTT), lactose tolerance test (Lac-TT), repeat triglyceride analysis (fP-Trig).

NB! If you have been unable to observe the requirements listed above, please notify the sample collector.

Giving a blood sample:

- give blood samples before other diagnostic or therapeutic procedures, e.g. radiologic scans with contrast, etc.;
- bring your referral/information sheet or identity document and arrive at the blood sample collection room at the hospital;
- make sure you have enough time for giving a blood sample. The procedure may take approximately 30–60 minutes, including the waiting time, which depends on the number of patients giving blood samples;
- sit calmly in the waiting room 15 minutes before giving a blood sample;
- the blood sample will be collected from your vein* by using disposable tools;
- if you may be allergic to skin cleansers, band-aids, or latex gloves, please notify the sample collector in advance.

After giving a blood sample:

- sit calmly in the waiting room for 5 minutes, applying light pressure on the puncture site to prevent the formation of a subcutaneous contusion;
- a potential side effect of failing to apply sufficient pressure on the puncture site after giving blood samples is a contusion in the area;
- using blood thinners may also contribute to the formation of a contusion. In this case, you should apply pressure on the puncture site for at least 15 minutes and ask the nurse to place a compression bandage on the site;
- your physician will let you know when and how you will receive the results of your blood test.

*in exceptional cases, capillary blood (from the fingertip) may be collected from pre-school children or patients with problematic veins.

Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at www.regionaalhaigla.ee or by calling **617 1300**.