

Patient Information Guide

Having a Blood Test

The Request Form

When a doctor sends you to the laboratory with a form to have blood collected for tests, they will be requesting tests that may help them diagnose your condition or help monitor the treatment they have prescribed to you.

Please ask your doctor for information on the tests requested on the form. The collection staff are not permitted to answer medical questions.

Do you need to fast?

Some blood tests require that you fast before your blood is taken. Check with your doctor if this is necessary for the tests he has ordered. When this is required you may drink water but avoid any other food or drink from around 10pm the previous evening. Please come to the laboratory as soon as it opens so that we can take your blood before you have any breakfast.

Taking the Blood

The procedure to take blood is very quick. The blood is usually taken from a vein in your arm. More than one tube of blood may be collected depending on the tests ordered by your doctor.

When you enter the collection room please advise the collector if you have a tendency to faint. If you feel faint when the blood is being taken also let the collector know.

When you have had your blood taken, please keep pressure on the site by pressing it firmly with your free hand. This will minimise bruising that may occur. Do not lift anything heavy with that arm for several hours.

Testing the Blood

Routine tests are usually performed on the same day that your blood is drawn. Some tests are batched and performed on certain days of the week. Some of the more specialised tests are sent away to reference laboratories to be tested and have a longer turnaround time.

Results

Results required urgently by your doctor may be emailed or phoned at their request.

Unexpected abnormal results will also be phoned through to the doctor. Otherwise, an electronic report will be sent.

Health New Zealand Taranaki Laboratory

Taranaki Base Hospital

27 David Street New Plymouth 06 753 7764

Hawera Hospital

41 Hunter Street Hawera

06 278 9909