



## Helpful tips for your lab draw

**When you need to have blood drawn for testing, check out these tips so you know what to expect.**

### **General tips**

- Make sure you drink plenty of water (at least six 8-ounce glasses per day) in the days before you go for your lab draw. It's important for you to stay hydrated.
- Avoid strenuous activity on the day of your lab draw.

### **The day before: Fasting for glucose or lipid-profile testing**

- Eat nothing after the evening meal. (Nine to 14 hours should pass between the time you last ate and the time of your lab draw, unless otherwise specified.)
- You may sip small amounts of water to take your normal medications, unless your physician instructs you not to take medicines.
- Please do not smoke or consume coffee, tea or diet drinks.

## Your lab draw

- Before the lab professional performs your draw, he or she will explain the process. If you have questions, please ask.
- They will also ask you to tell them your full name and date of birth. This will allow the phlebotomist to correctly label your blood samples with your personal information – a very important part of the process. After the draw, the phlebotomist will label each tube and ask you to examine the labels to verify the spelling of your name and correctness of your date of birth.
- The draw process is quick. The pain is slight and much like a pin prick. It's important to remember to breathe during the draw; try not to hold your breath. Some people also find it helpful to look away.
- If soreness still bothers you after the draw, apply a cold compress.

## After your lab draw

To reduce the chance of bruising at the skin site, follow these simple steps:

- Hold pressure at the skin site for a few minutes.
- Try not to lift anything weighing more than a pound or two, including a purse. Hold your purse with your other arm.
- A number of factors can affect how long it takes for any bleeding to stop. If you take a prescribed blood thinner, like Coumadin® or aspirin, hold pressure a little longer, as bleeding may take longer to slow and stop.
- Keep the bandage on the site for *30-60 minutes*.

Remain seated until the phlebotomist permits you to stand. If you feel ill or light-headed, tell the phlebotomist, who will determine whether you need further evaluation or if you just need to sit for a few more minutes to adjust.

Feel free to let your lab professional know if you have additional questions.

**You may also call (260) 266-1500 or visit [lab.parkview.com](http://lab.parkview.com).**

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