

Why do I need a blood test?

You have blood tests for a number of reasons, such as to:

- help your doctor make a diagnosis
- make sure you do not have an illness
- check how well any treatment you are having is working.

What do I need to bring?

Please make sure you bring the form given to you by your GP or consultant. **This is very important.**

We cannot do your blood test without this form.

Before you leave your GP surgery or consultant, please check that the personal information on the form, such as your name, date of birth and address, is correct.

If any of these are wrong, please get them corrected before you arrive for your blood test.

What happens when I get here?

When you arrive at the Phlebotomy Department, please take a number from the ticket dispenser and take a seat.

Can I eat or drink before my blood test?

For a period of time before certain tests, you must not eat anything and can only drink water. This is called 'fasting'. Your doctor will tell you if you need to do this.

It means that for 10-12 hours before your blood test you **should not**:

- eat any food
- drink anything other than water
- chew gum
- eat mints or cough drops, or take cough mixture.

But you can:

- drink plain water
- take prescribed drugs.

If you are taking medications with food and need to fast before your blood test, please ask your doctor for advice.

How do you take my blood?

You will be seated on a chair to have the test. If you have fainted in the past when you have had a blood test, please tell the phlebotomist. It may be better for you to lie on a couch.

The phlebotomist will place a tight strap (tourniquet) around your arm.

This helps them to find the vein and makes it easier for them to take the sample of blood.

They then put a needle into the vein to take the blood sample.

Will it hurt?

Our phlebotomists are trained and highly skilled in taking blood.

It is usually a quick and painless procedure.

Will it bruise?

There is a possibility you may get a bruise (haematoma) after a blood test, every effort is made by our team to reduce the risk of bruising.

If you are taking certain medications or have certain conditions you may be more likely to bruise. Your risk of bruising is greater if:

- you are taking anticoagulant (blood-thinning) medications such as warfarin or aspirin. If you need more information about this, please ask your doctor
- you have a bleeding disorder
- it is difficult to find your vein, especially in areas that are swollen (oedema)
- you are elderly.

What happens to my blood samples?

We send your blood samples to the laboratory for testing.

Most tests are done on the same day, but some are done in batches, once or twice a week.

We deal with all samples as quickly as possible and return the results to the doctor who asked for the tests.

When will I get my results?

Your doctor will tell you when they expect the results. For most routine tests, results are sent to your GP within 7-10 working days.

Please do not phone the Phlebotomy Department or the Pathology Laboratory for your results. Our phlebotomy staff are not clinically trained to offer



advice on health conditions and result. Your doctor needs to look at them together with your medical history to check your health.

Where can I have my blood test?

King's College Hospital

Where: Ground Floor, Golden Jubilee Wing

Open: Monday – Friday, 8.30am – 6pm - : Last patient arrival at 17:45 (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 3299 3569

Dulwich Hospital

Where: Front entrance; turn left to end of corridor

Open: Monday – Friday, 7.30am – 3.45pm (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 3299 3569

St Thomas' Hospital

Where: Ground Floor, South Wing, Block A

Open: Monday – Friday, 8.30am – 6pm - : Last patient arrival at 17:45 (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 7188 0692

Guy's Hospital

Where: 4th Floor, Tower Wing

Open: Monday – Friday, 8:30am – 12:45pm (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 7188 0692

Gracefield Gardens Health Centre

Where: 1st floor, Streatham Suite

Open: Monday – Friday 8.30am – 5pm (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 3049 5032

Evelina London Children's Hospital

Where: Ocean level, Outpatients Department

Open: Monday – Friday, 8.30am – 6pm - : Last patient arrival at 17:45 (not Bank Holidays)

Email: PhlebotomyDepartment@viapath.co.uk

Tel: 020 7188 9407

Phlebotomy Operations Manager

020 7188 7188 Ext: 54257

Please note: Phlebotomy is a walk-in service, which means you do not need to make an appointment to have your blood taken. But we advise you to avoid our busiest day, Monday, when you may have a long wait to be seen. Afternoons are usually less busy.

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

Students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 3601.

www.viapath.co.uk

www.kch.nhs.uk

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King's College Hospital is part of King's Health Partners Academic Health Sciences Centre (ASHC), a pioneering collaboration between King's College London, and Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts.

For more information, visit www.kingshealthpartners.org

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viapath[®]