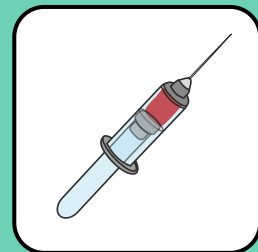


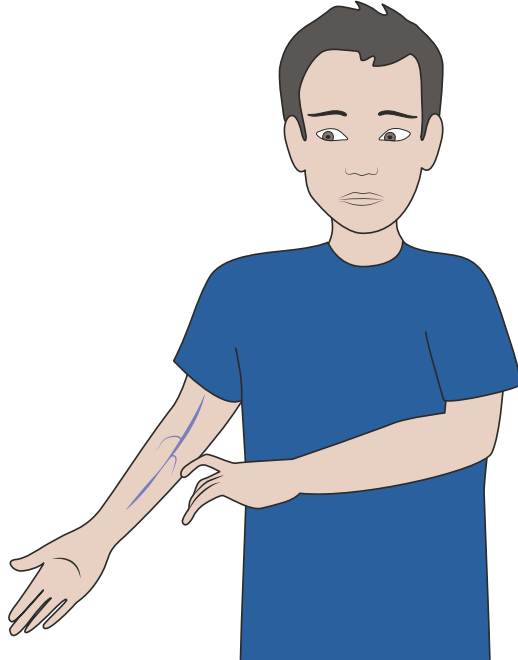
# Blood test



# What is a blood test ?

A needle is inserted in my vein in order to draw my blood.

- Veins are blue lines that I can see under my skin.



My veins are full of blood.

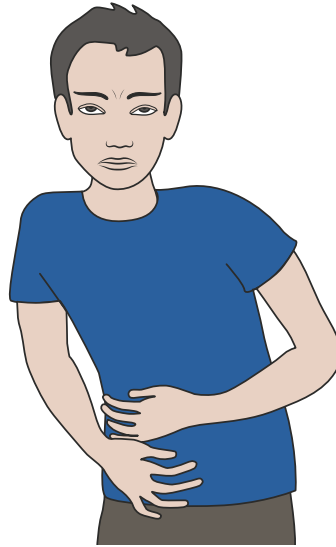
My doctor is the one who requests a blood test.

- He gives me a prescription.

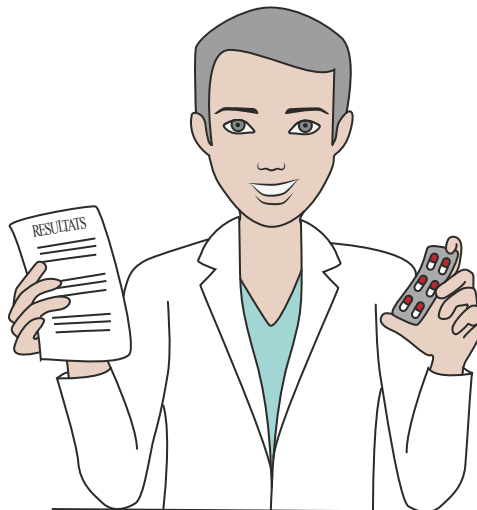


# What is it for ?

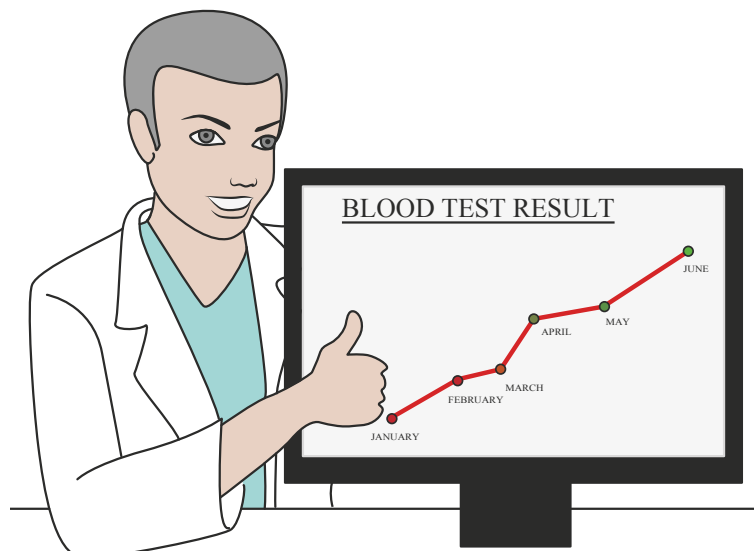
A blood test can help tell if I have a disease.



It helps the doctor prescribe me with the right medication.



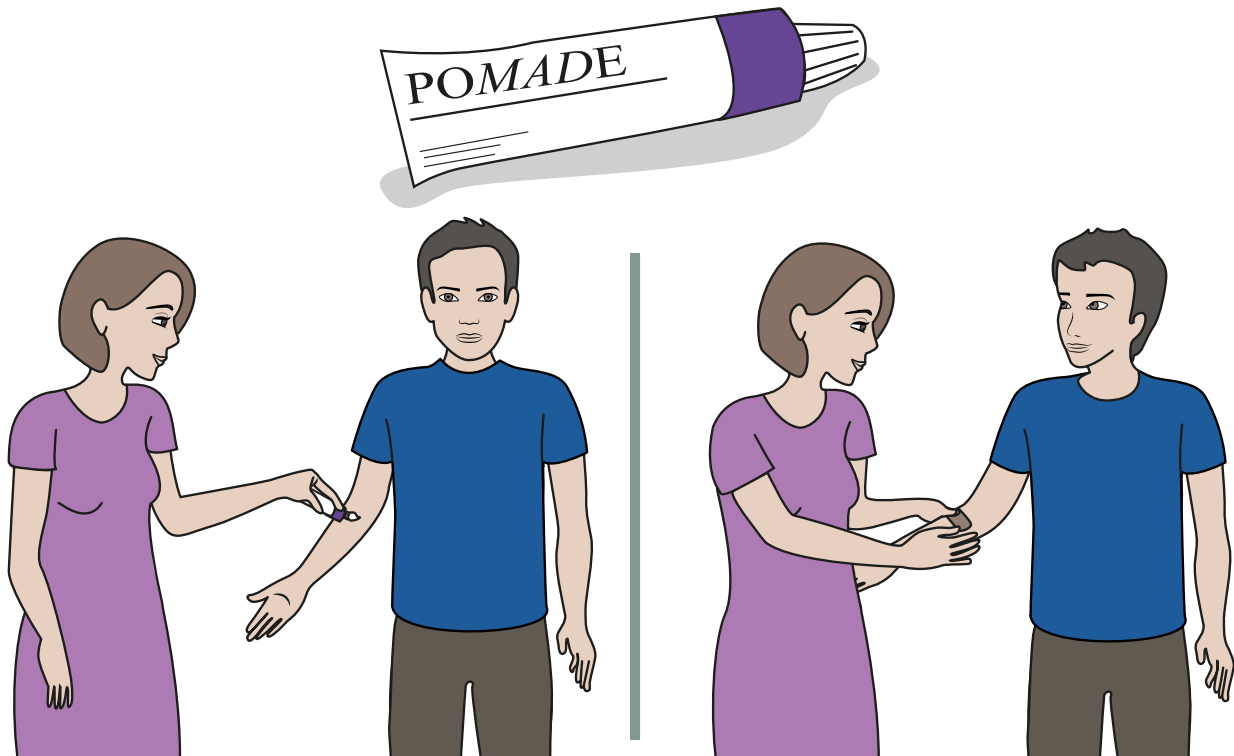
It helps monitor the illness's progress.



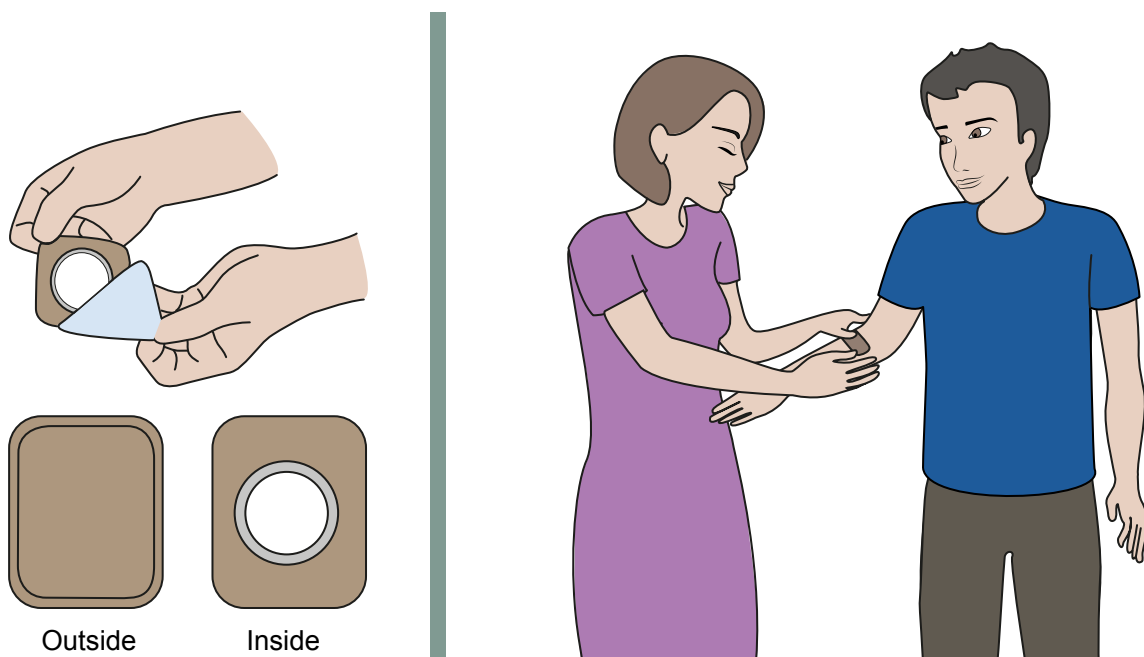
# Before the blood test.

So that it won't hurt, I can numb my skin two hours ahead of time of applying :

- some anesthetic pomade



- or an anesthetic patch.



**If I am nervous, I can go to a hospital that has MEOPA.**

- **MEOPA is a gas that I breathe in so that I feel calmer.**



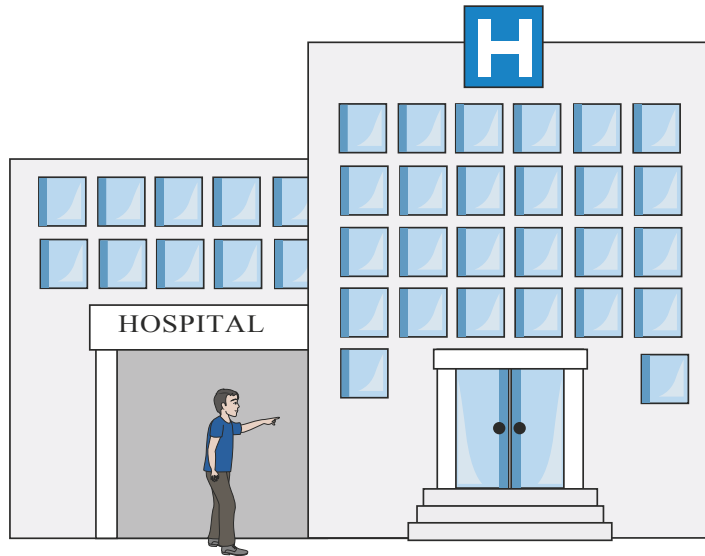
To find out more, look at the document on MEOPA.

**Oftentimes, I must not eat or drink before a blood test.**

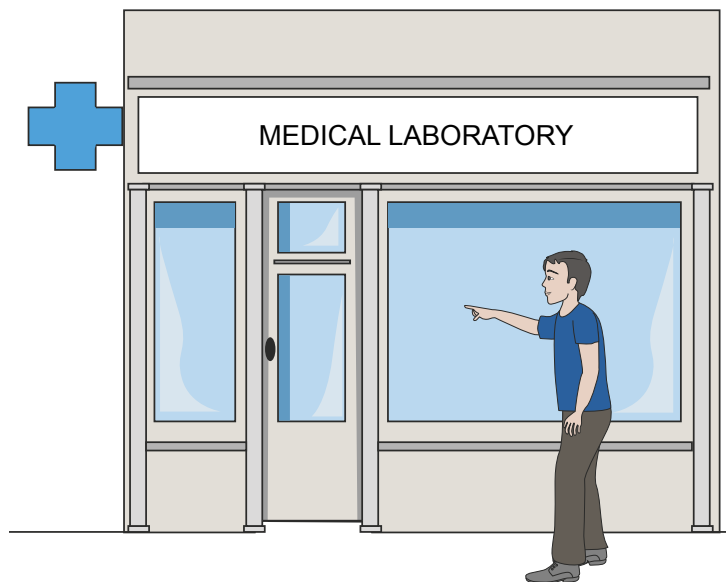


# What happens during a blood test ?

I go to the laboratory



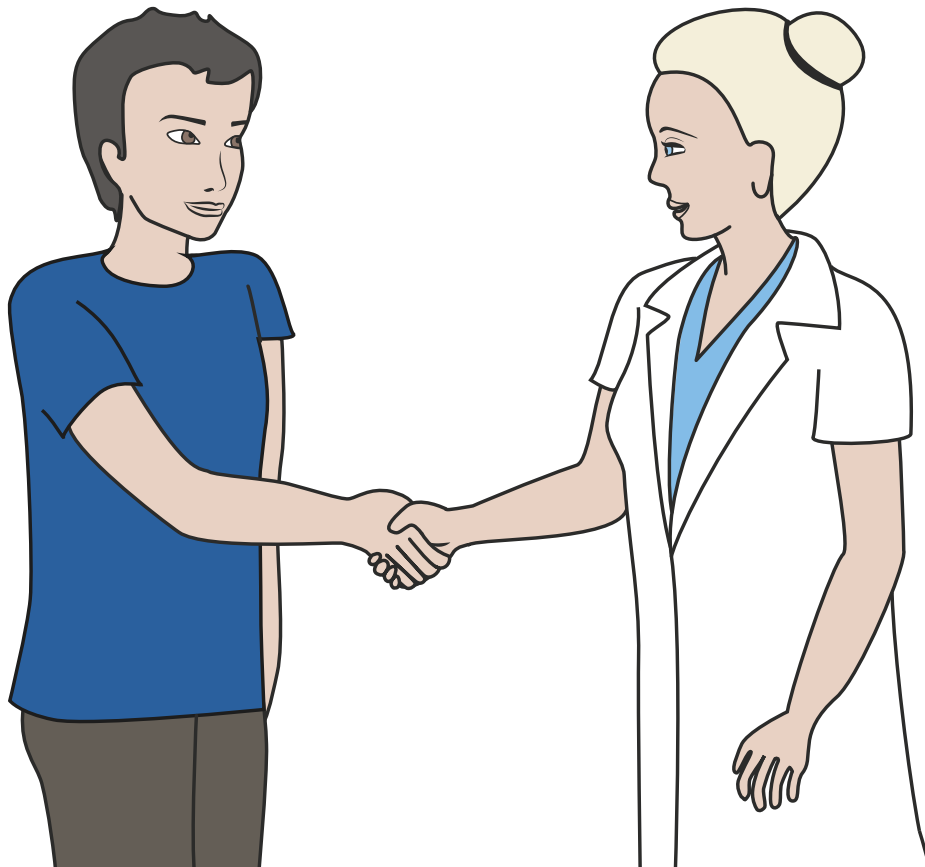
or a hospital or clinic



or a nurse comes to my house.



**A nurse greets me.**



**She tells me to sit down on a chair or couch.**

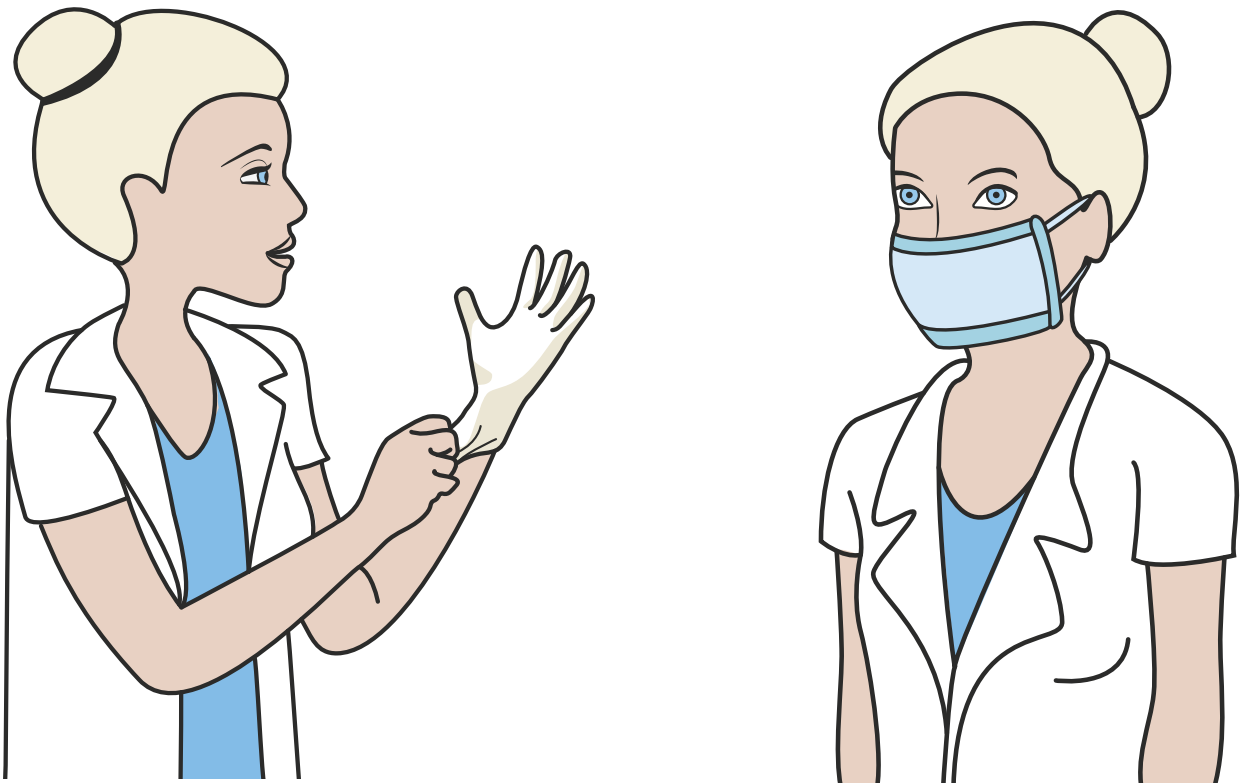
- **My arm rests on the armrest.**



- The person who came with me can stay by my side.



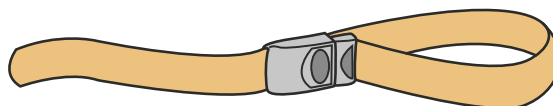
The nurse puts on gloves and a mask.





## The nurse puts a tourniquet around my arm.

The tourniquet is a large elastic band



- The tourniquet squeezes my arm and my veins get bigger.



**The nurse asks me to make a fist.**



**The nurse prepares to draw my blood.**

- She chooses a vein and taps it to make it bigger.



- She rubs a cotton ball with alcohol on my arm to clean my skin.

**It's a little cold !**



- She inserts the needle into my vein.



- It is very important not to move my arm.



I do not have to look.



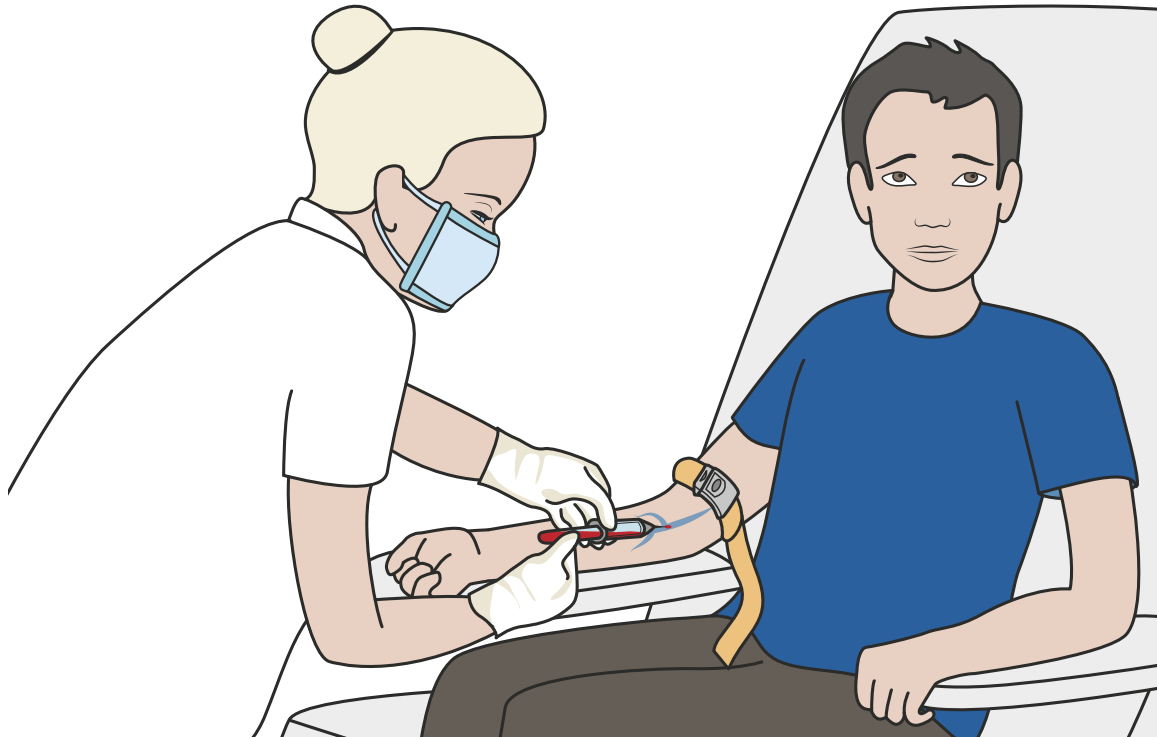
- There are ways to make it hurt less and feel less scared.

To find out more, see the booklet on PAIN.

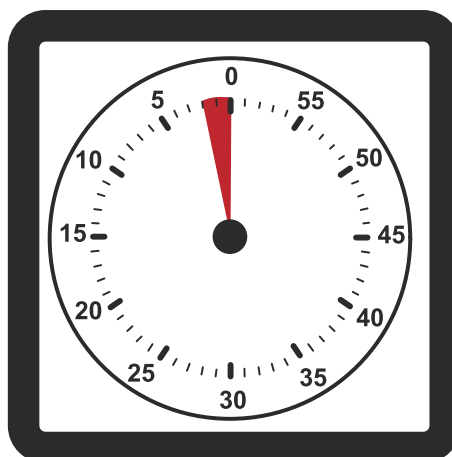


**My blood flows into a tube.**

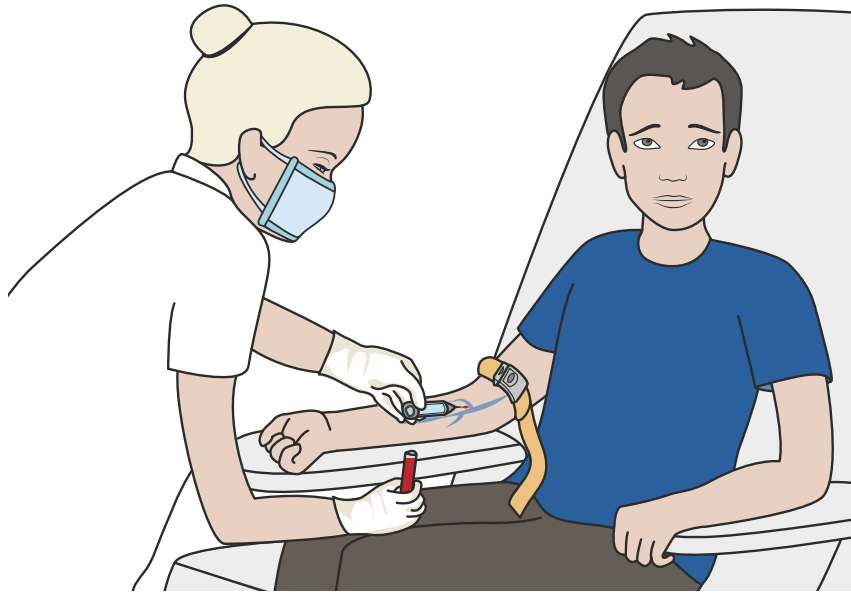
**My blood is red !**



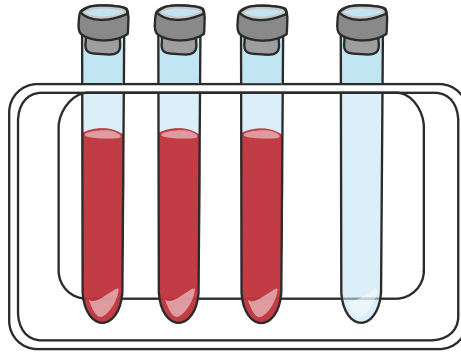
- **Drawing blood does not take very long.**



- When the tube is full the nurse removes it.



- Sometimes, she fills several tubes.



## Afterwards.

- I relax my fist and then the nurse removes the tourniquet.



- She removes the needle and presses a cotton ball on my arm.

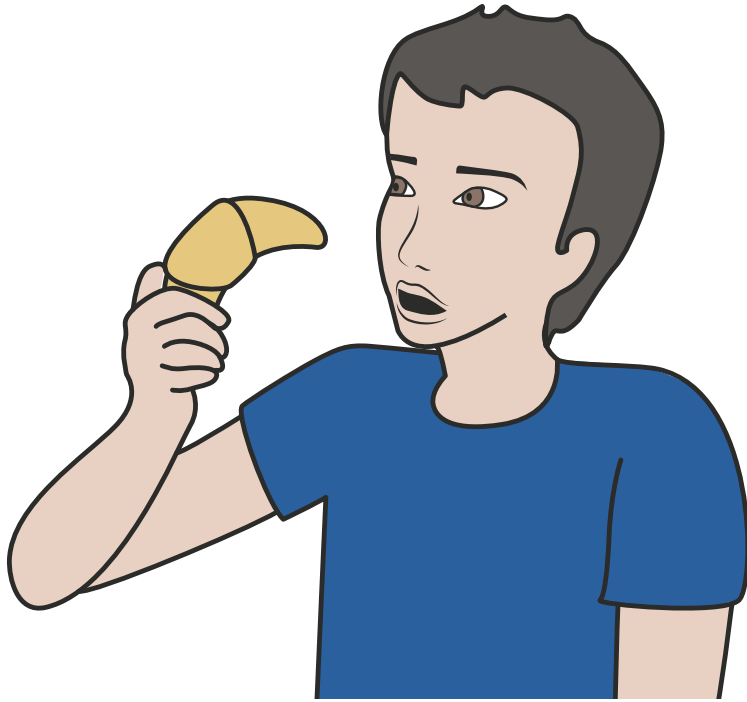


- The nurse puts on a bandage.

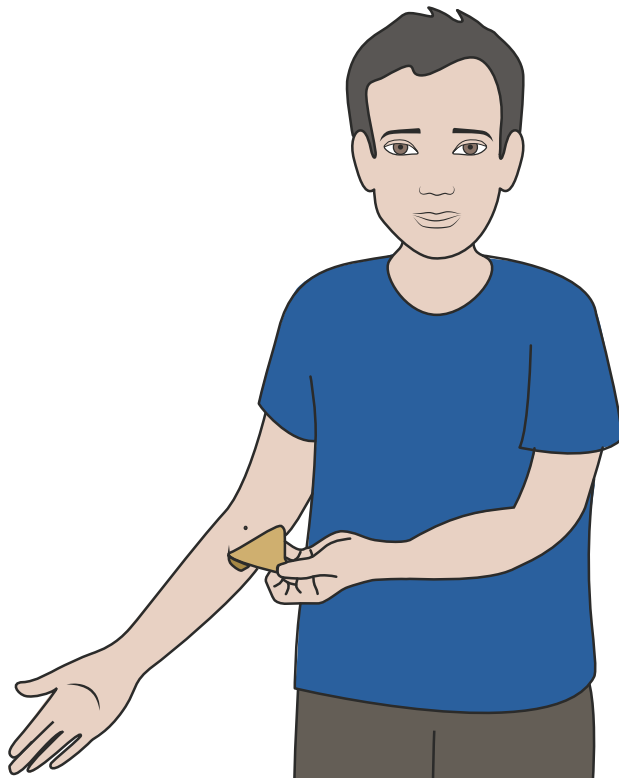


# After the blood test.

I can eat.

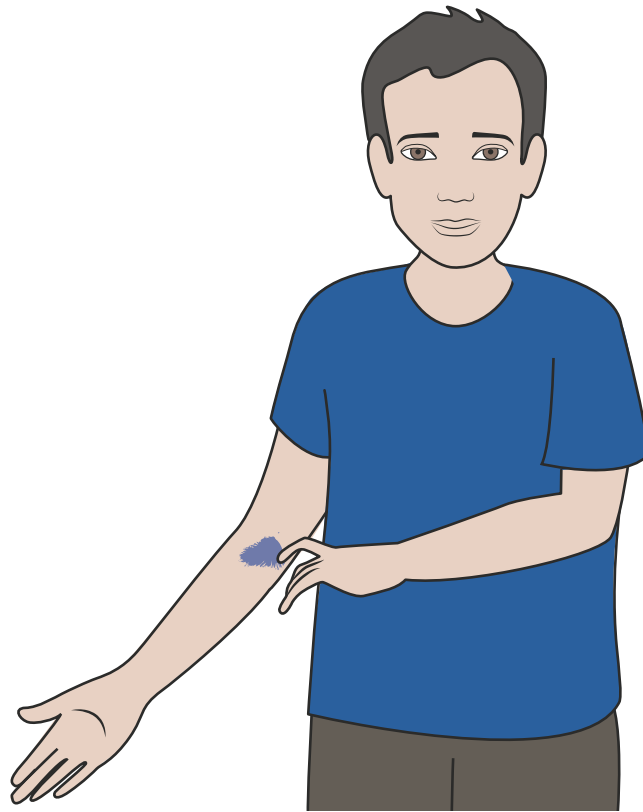


I can remove the bandage two hours later.

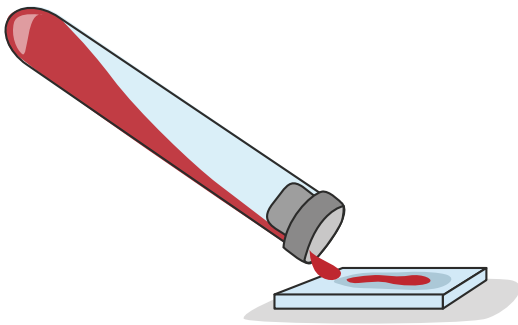




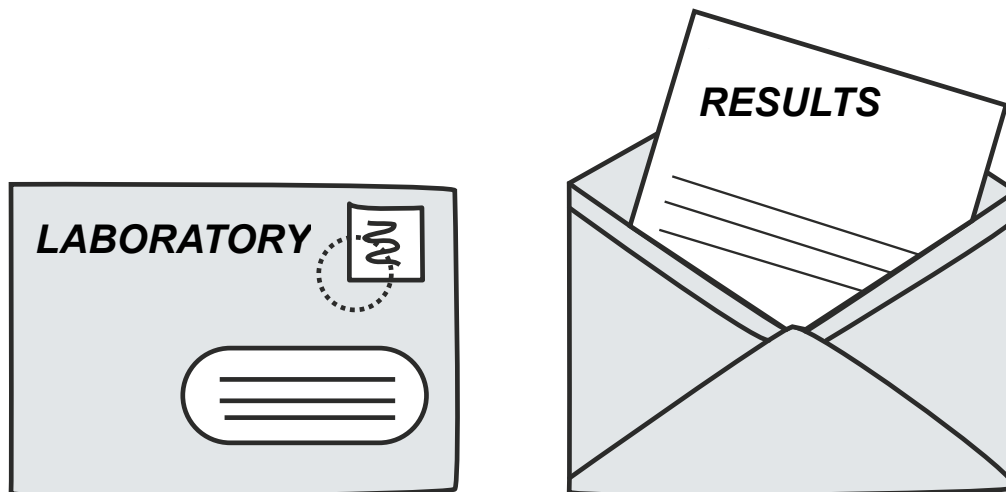
**A bruise could appear and disappear within a couple of days.**



**The lab analyses my blood.**



**It sends me the results.**



**I go back to the doctor.**

- He explains the results to me.



**SantéBD Multilingual is a project supported by the Orange Foundation.**



## Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



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## All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.

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SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

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