Blood Tests

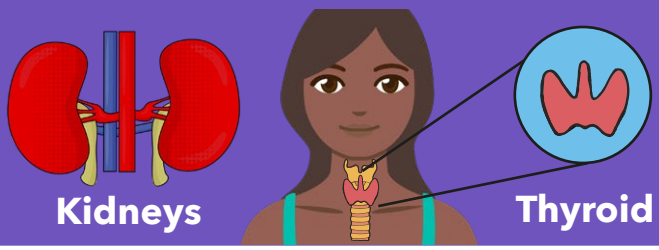
What will happen at the clinic or at the blood room?

A sample of your blood will be taken, usually from a vein in your arm. This is so that the clinic can run some checks.

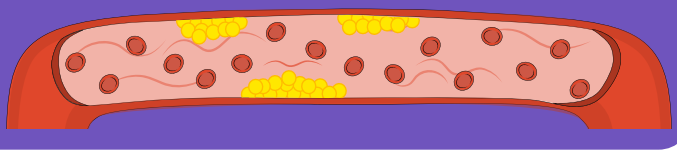
Some people worry about having blood being taken, but try not to if you can and remember this is all to help keep you healthy.

Before having your blood sample taken, you may be offered Emla cream or cold spray to help make it more comfortable. These will numb your arm so you won't feel the needle.

Your blood will be checked for kidney function, thyroid hormone and, if you are over 12 years old, the fats in your blood (cholesterol) will be checked.



Cholesterol



The nurses who take the blood are very skilled and quick, but if you are worried, you could take something to distract you.

© COPYRIGHT 2025 DIGIBETE ALL RIGHTS RESERVED COMPANY REGISTRATION NUMBER: 10371773
Resource last reviewed November 2025