



Blood Tests

- **A blood test is when a sample of blood is taken to find out information about your body.**
- **People have blood tests so that the doctors who look after them can find out things about them.**
- **Blood tests are done for lots of different reasons:**
 - **to find out if there is something making you unwell.**
 - **to check that your body is making all the things that it needs**
 - **to check that you have the right levels of important chemicals in your body**
- **Everyone will have a blood test at some point but some people need to have them more than others.**
- **No one really likes having a blood test because it is not a pleasant thing to happen. It can hurt a little at first but most people learn to ignore this. For example, many people find that looking away and thinking about something else helps.**
- **It is important to have blood tests. They are not nice but they usually take only a few seconds and you will be OK.**

