



Blood Draw FAQs

Why should I get a blood draw?

Blood draws are quick and relatively painless procedures. A blood test can

- Identify diseases and conditions like anemia, pre-diabetes or diabetes, thyroid issues, and vitamin deficiencies
- Evaluate risk factors for issues like heart disease, diabetes, and some cancers
- Assess the function of some organs – kidneys, liver, thyroid, heart
- Gauge how well some of the medicines you may take are working

How should I prepare for the blood draw?

This blood test requires you to fast for 12 hours before your draw. Depending on what you eat before a blood test, some of your results may be affected. For instance, a meal high in carbohydrates will give you temporarily high glucose levels. The fasting is necessary to ensure the most accurate results of many of the panels run on your blood. You can drink water – as much as you need or want; the drawing process may actually be easier and quicker if you are well-hydrated.

What should I expect during the blood draw?

Using DCHD's appointment system, your wait time should be very short. Most of the paperwork will already be completed for you. Blood is drawn from your arm with a needle and into a test tube. You may feel a slight sting when the needle goes in or out, but the discomfort usually does not last long. You will be asked to put some pressure on the draw site for a couple of minutes and wear a bandage for at least 15 minutes.

Are there any risks to a blood draw?

Discomfort and bruising at the site of the draw are the main concerns with a blood draw. These usually go away soon after.

When can I get my results? Who are the results sent to?

Results are available just one week after your draw. For instance, if your appointment was on Tuesday, you can come into DCHD on the following Tuesday for your results. The results are given directly to YOU; this way, you can take control of your health by choosing who and when to share them with. It's advisable that you share the results with your doctor, even if you have no questions or concerns about them. Your blood test results are an important part of your health records.

How do I make sense of the lab results?

When you pick up your results, you will also be given an information sheet explaining the different components of each panel and what those mean for you. Any questions or concerns should be directed to your health care provider; the information sheet provided is NOT a substitute for medical diagnosis or treatment!