

## What will happen to the blood?

The samples will be tested in the laboratory and the results will be released to the doctor who ordered the tests. All tests results are kept confidential.

Most routine tests will be ready within 48 hours. Other special tests will take several days to be resulted.

Laboratory results should only be interpreted together with clinical findings and family history, therefore your doctor is the best person to interpret your laboratory results.

Peak hours for Phlebotomy Section is between 7.45 am – 10.00 am. If you are not fasting, it is advisable for you to take blood in the afternoon.

You will be served as soon as possible. However, a delay will sometime occur due to several factors including if there is an emergency, too many patients at once and due to unusual procedure or unusual cases.

### Charges

Only apply to non-residence with green identification holder and those who are not contracted with The Government of Brunei Darussalam. (Refer to Ministry of Health Scheme of Charges)

Collection of samples other than blood (eg Urine, Sputum or Stool)  
Collect in a clean (sterile) container and proceed to Counter A or B

## OPERATING TIME FOR PHLEBOTOMY

Monday – Thursday and Saturday

7.45 am – 12.15 pm

1.30 pm – 4.15 pm

### WAITING TIME FOR BLOOD TAKING:

Senior Citizen (Age 60 and Above)

#### Peak Hours

(7.45 am - 10.00 am) :

25 - 40 minutes

#### After Peak Hours

(10.00 am - 4.15 pm):

10 - 20 minutes

Age 59 and Below

#### Peak Hours

(7.45 am - 10.00am):

60 - 90 minutes

#### After Peak Hours

(10.00 am - 4.15 pm):

20 - 30 minutes

### Queing Ticket

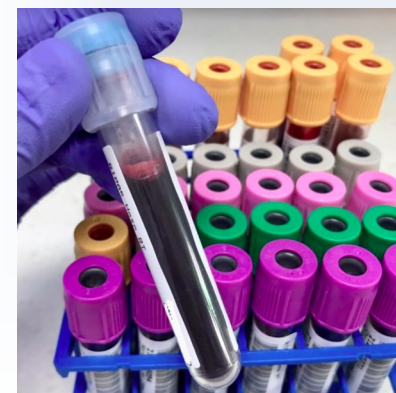
Proceed to Counter D

*Smile, Polite & Be Patient*

For more information  
Phlebotomy & CSRA  
Department of Laboratory Services  
Ministry of Health  
Tel: 2242424 ext 6025

# GUIDE TO PHLEBOTOMY

PHLEBOTOMY SECTION  
DEPARTMENT OF LABORATORY SERVICES  
RAJA ISTERI PENGIRAN ANAK SALEHA HOSPITAL  
MINISTRY OF HEALTH



## What should you know

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On arrival, please place your appointment card at counter D in the box provided. You will be given a queue ticket accordingly. Please proceed to the phlebotomy counter as instructed when your number is called on the screen.

There are several reasons why the doctor ordered your blood samples. This is to help in the diagnostic and for your treatment, or to know the status of your health.

To ensure the process for blood taking run smoothly, it is crucial that blood ordered by the doctor in the BRUHIMS.

## How is the procedure done?

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A trained phlebotomist will carry out the procedure. The phlebotomist will confirm your identity before taking your blood. A tourniquet is tied above your elbow. The venipuncture area is cleaned and a small new sterile needle is inserted gently into the vein. Keep your arm straight throughout the procedure. After the blood has been taken, pressure will be applied at the site with a piece of cotton gauze and plaster. The phlebotomist will cover the puncture site with a dressing and ask you to apply pressure.

Please let the phlebotomist know if you have allergic reaction to the plaster. Several tubes may be needed for different type of test required.

## Can I eat or drink before blood taking?

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You are only allowed to drink water before blood taking. For Oral Glucose Tolerance Test (OGTT) or Fasting Glucose test, you are required to fast for at least 8 hours. For Cholesterol test, you are required to fast at least for 10 - 12 hours. Please ask the doctor if medication can be continued or to be stopped before blood taking. Smoking is not allowed before blood taking.

If the tests ordered require fasting, you should fast for at least 12 hours. You can drink plain water during the fasting period.

## Will this hurt?

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You will feel a slight pain (pin prick sensation) but after that it should be relatively painless. Some people may feel pain and discomfort. This is probably because of nerves under the surface of the skin but this should settle quite quickly. Some may get bruised but it will fade away eventually.

### Common tendency to bruise

- Patients on Warfarin or Aspirin
- Patients with conditions such as bleeding disorder or low platelets (Thrombocytopenia)
- Patients with difficult vein, for example if the arm is swollen (oedema)
- Elderly patients

Pressing firmly on the site after blood taking will help to reduce any bruising. Raise the arm slightly if possible and avoid too much movement of the arm, such as lifting or carrying heavy things, for an hour.

If experiencing excessive bruising or prolonged bleeding, apply firm pressure to the site. Applying ice should help to reduce any swelling or bruising. Bruising may still appear for a few days. However, this is harmless and will disappear in time.

Inform the phlebotomist if:

- you are on Warfarin or Aspirin
- if you have experienced difficulty in obtaining blood previously
- If you had previous experience of fainting or feeling faint or actually fainted when taking blood

## Is the procedure safe?

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Yes. The procedure uses individually packed sterile needle and will be discarded after every patient.

## Why do you need different tubes ?

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Each tube contain additives. Your test requested by the doctor may need your blood to be preserved accordingly.