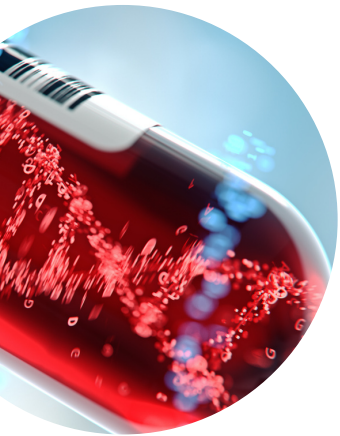


Newsletter

Why do you need a Blood Test

Compiled by Lancet Laboratories



Our blood shows us a great deal about our health. Blood tests are used to diagnose illness and are also useful as they can draw attention to health problems in their early stages. For example, measuring Cholesterol levels helps to identify one of the risks of heart disease, long before the condition becomes more serious.

- ✓ Medical technologists use either whole blood or separate the blood cells from the fluid which is called plasma or serum, to analyse it.
- ✓ A nurse needs to take a blood sample from you to conduct these tests.

WHAT ARE THE RISKS OF HAVING BLOOD TESTS?

Nurses use a new needle for each new patient, to eliminate any risk of being infected. The most common risk is slight bruising and discomfort where the needle has inserted into the vein, however, this should go away shortly after.

HOW IS THE TEST CARRIED OUT?

A nurse draws a small amount of blood from a vein in your arm using a thin needle. Some tests can also be done using a finger prick. Drawing blood usually takes just a few minutes and should not be painful.

WHAT DO THE RESULTS SHOW?

Blood tests are used for many reasons. They can show whether you have a particular illness or a mineral deficiency (shortage) such as iron. They can also show whether the levels of various substances in your blood, such as anti-retroviral medication, fall within the correct range and are working properly, and can show if your organs, such as your heart, liver and kidneys are working properly.

WHERE DO I GO FOR A BLOOD TEST?

Please visit our website www.cerbalancetafrica.co.zm and click on "locate a lab" for a list of more laboratories and depots throughout Zambia.



HOW DO I PREPARE FOR A BLOOD TEST?

For some tests, you will need to fast (go without food) for up to 12 hours before the test. Your doctor will tell you whether you need to do this.

HOW LONG BEFORE I RECEIVE A RESULT?

This can range from a few hours to a few weeks, depending on the tests you are having done. Our staff will be able to tell you how long your specific tests will take.

WHO DO I CONTACT SHOULD I HAVE FURTHER QUESTIONS?

Please call our national number +260 211 374800
or Mobile: +260 95 4301171

