

Blood tests are normal procedure in medicine. Your doctor can use them to determine your general state of health and whether you are ill and, if necessary, give you the medication and the advice you need to keep strong and healthy.

## BLOOD TESTS



### 01

**A healthcare professional takes blood** from your arm using a clean, unused needle. The procedure is virtually painless. For many blood tests your doctor will ask you to fast beforehand because if you eat something prior to having blood taken it may affect the result.

You are probably used to doing tests with only a few drops of blood. **Each test, however, requires a specific amount of blood.** The healthcare professional only takes the amount required to do the test that your doctor has requested. They will not take more or less blood simply because you are from another country.

**It may seem that you are having a lot of blood taken but you should not worry because your body has plenty.** Eating straight after the blood test will also help your body quickly to replace the blood taken. After the test you can work and do other daily activities totally normally.

The blood taken from you and stored in several separate tubes **is only used for analysing in a laboratory and checking whether everything is alright in your body.** It is then destroyed and never used for sale or in other people.

**You may occasionally be asked to repeat a test.** This is because a result from the previous test needs to be checked. The blood taken this time will also be destroyed after it has been analysed.

### 02

#### IF YOU HAVE HIV

**A specific blood test can also show whether a person has HIV.** Bear in mind that a positive HIV test result cannot be used to remove you from the country.

**HIV can be treated** which means you can therefore look after your health and prevent the virus from passing to other people or to your partner during sexual intercourse.

**People with HIV should do blood tests more often to check whether their general state of health is good and whether the treatment is working.**

**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

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Ajuntament de Barcelona / ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS  
Diputació Barcelona / ÀREA DE BENESTAR SOCIAL

COLLABORA

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¿TIENES DUDAS SOBRE EL TEMA? PREGÚNTANOS

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