

Lab Test “Hints”

Dear Patient,

During the COVID-19 pandemic, everyone is appropriately concerned about minimizing their exposure to the risk of infection. This has led to concerns about going to the lab to have blood and other tests done. Those tests are, and remain even during this challenging time, a very important part of your health care so we wanted to provide some suggestions to help you stay safe when going to the lab.

- Most commercial labs, via their websites, allow you to make an appointment for your testing. Most people are used to the “walk in” method, which usually requires waiting in a crowded room (which we want to avoid!). By making an online appointment (you can also call your lab site if you don’t have web access) you will be taken at your appointment time, ahead of walk in patients waiting without an appointment.
- Check with your individual lab site about “best times” to make your appointment. The lab can usually advise you about times during the day that they are least busy. That would be a great time to schedule your appointment. The lab may also have priority times for higher risk patients that you can ask about.
- You can also ask your lab if they will allow you to wait for your appointment time either in a more spacious building lobby (if available) or in your car until your appointment. You would call them when you’ve arrived and ask them to call you when they’re ready. This minimizes or removes any in-office waiting.
- Wear your mask!
- You can turn your head the opposite way during the blood draw (for example if the lab tech is drawing from your left arm, turn your head to the right).
- Wash your hands, using CDC guidelines, immediately after your lab visit.
- Make use of hand sanitizer stations that most facilities will have.
- Keep a small bottle of hand sanitizer in your pocket or purse for ready use if soap and water are not readily available. You should use this upon return to your car (after using door handles, pushing elevator buttons, etc.).