



# Bringing The Lab To You

## Lab Team Assistants, LLC

Care Close To Home



**Lisa Wylie**

Owner & Lab Director

### OUR MISSION

Our Mission is to eliminate long queues during lab visits and increase patient compliance with timely health monitoring through test results. Lab Team Assistants aims to help individuals, employers, and clinical trials (CROs) with onsite/mobile laboratory services by skilled, licensed and insured professionals.

### WHAT WE DO

We collect, process and transport all types of specimens requested by doctors and other healthcare providers for the diagnosis and treatment of our clients. Whether you need a blood sample taken or a urine or stool specimen tested, we can get that accomplished in the comfort and convenience of your home or office. You won't have to navigate a frustrating administrative maze while missing time from work or your loved ones, spending it in crowded waiting rooms. No matter the challenge, you can rely on our team and our quality professional services to make your lab work experience a breeze.

### WHY US

We understand that life events and circumstances may prevent patients from being able to visit a clinic or a lab. Whatever the reason, we are of the strong belief that no deterrent should hinder anyone from timely blood draws and testing. Our mobile phlebotomy business model enables us to stay true to this credo. Moreover, to us a blood draw is both an art and a science. Therefore, our staff is proficient with ALL ages and any type of blood draws, being well trained in the techniques and bedside manner needed for your successful and worry-free blood draw.



## TIPS AND TRICKS FOR A SUCCESSFUL BLOOD DRAW

So you got a lab appointment! When it comes to a blood draw, most of us would not rank it high in our list of most favorite activities.

### Get Warm

Staying warm seems to be our daily routine here in Minnesota during these frigid winter days, however as we recall from our Anatomy & Physiology high school days, when the body is warm, blood flow increases, dilating the veins and making them easier to find and stick. Consider the following methods:

- Dress in layers and wear loose fitting clothing.
- Before your appointment time, apply a hot washcloth/heat pack for several minutes to the area you plan to have the blood drawn from or soak your hand/arm in warm water or run it under the faucet for 5 minutes.

### Hydrate

When the body is properly hydrated, veins become more dilated and will be less likely to collapse flat when the needle is inserted. Unless you've been specifically instructed by your doctor or healthcare provider not to eat or drink before your lab draw, you should ensure that you're properly hydrated and well filled with water. It's recommended that an adult drink 64 fluid ounces per day for good health, which is good enough for having blood drawn; children ages 4-6 years, no more than 4 to 6 fluid ounces/day, and for children ages 7-18, no more than 8 oz/day. This simple step will make it easier for your phlebotomist to find a vein that can easily be punctured.

CONTACT US

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