

# AMCA PHLEBOTOMY TECHNICIAN CERTIFICATION (PTC) PRACTICE EXAM (SAMPLE) STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

## 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

## 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

## 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

## 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

## 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

## 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

## Questions

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- 1. To prevent cross-contamination of microorganisms, what does OSHA require?**
  - A. Wearing gloves at all times
  - B. Proper hand washing
  - C. Always using a new needle
  - D. Using antiseptic wipes
- 2. Which test measures the body's ability to control blood glucose levels?**
  - A. Hemoglobin A1c test
  - B. Complete blood count
  - C. Prothrombin time test
  - D. Blood urea nitrogen test
- 3. What are the three components of the chain of infection?**
  - A. Source, mode of transmission, susceptible host
  - B. Pathogen, carrier, immune response
  - C. Exposure, infection, disease
  - D. Infection, treatment, recovery
- 4. Which test requires a whole blood specimen?**
  - A. CBC or complete blood count
  - B. Comprehensive metabolic panel
  - C. Lipid profile
  - D. Bacterial culture
- 5. What is the name of the procedure used to collect DNA from the cells inside a person's cheek?**
  - A. Buccal swab
  - B. Ventricular aspiration
  - C. Salivary extraction
  - D. Pharyngeal scraping

- 6. What precautions should be taken when drawing from a patient with a history of fainting?**
- A. Draw while the patient is standing
  - B. Ensure the patient is seated or lying down and monitor closely
  - C. Use a larger needle for blood draws
  - D. Draw quickly to minimize discomfort
- 7. Which of the following veins is most commonly used for venipuncture?**
- A. Cubital vein
  - B. Femoral vein
  - C. Jugular vein
  - D. Basilic vein
- 8. Which type of blood tube is typically used for the collection of a complete blood count (CBC)?**
- A. Green-top tube
  - B. Red-top tube
  - C. Yellow-top tube
  - D. Lavender-top (EDTA) tube
- 9. What is a potential complication of venipuncture?**
- A. Fainting
  - B. Hemorrhage
  - C. Infection
  - D. All of the above
- 10. What gauge size is appropriate to use when drawing blood from a hand with a winged infusion set?**
- A. 21 gauge
  - B. 23 gauge
  - C. 25 gauge
  - D. 27 gauge

## **Answers**

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1. B
2. A
3. A
4. A
5. A
6. B
7. A
8. D
9. D
10. B

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## **Explanations**

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**1. To prevent cross-contamination of microorganisms, what does OSHA require?**

- A. Wearing gloves at all times
- B. Proper hand washing**
- C. Always using a new needle
- D. Using antiseptic wipes

*Proper hand washing is a crucial practice that OSHA mandates to prevent cross-contamination of microorganisms. Hand hygiene significantly reduces the risk of transmitting infections in healthcare settings. When healthcare workers wash their hands thoroughly with soap and water or use an alcohol-based hand sanitizer, they eliminate harmful pathogens that may be present on their hands. While wearing gloves, using new needles, and employing antiseptic wipes contribute to infection control, they are supplementary measures. Gloves can develop microtears, and cross-contamination can occur if proper hand hygiene is not practiced between glove changes or after removing gloves. Similarly, while new needles are vital for preventing infections during procedures, the foundational step in infection control begins with effective hand washing. Antiseptic wipes assist in disinfecting surfaces and skin but do not replace the necessity of washing hands to ensure overall safety and hygiene in a healthcare environment.*

**2. Which test measures the body's ability to control blood glucose levels?**

- A. Hemoglobin A1c test**
- B. Complete blood count
- C. Prothrombin time test
- D. Blood urea nitrogen test

*The Hemoglobin A1c test is a crucial tool for measuring how well the body controls blood glucose levels over time. It assesses the average level of blood sugar (glucose) attached to hemoglobin in red blood cells over a period of approximately two to three months. This test is particularly significant for diagnosing and monitoring diabetes because it reflects long-term glucose management rather than fluctuations that might occur throughout a single day. In contrast, a Complete Blood Count provides insights into various blood components, such as red and white blood cells and platelets, but does not specifically evaluate glucose levels. The Prothrombin time test is used primarily to assess blood clotting and the effectiveness of anticoagulant medications, while the Blood urea nitrogen test measures kidney function and does not relate to glucose control. Thus, the Hemoglobin A1c test is the most relevant measure of the body's ability to manage blood glucose levels over time.*

### 3. What are the three components of the chain of infection?

**A. Source, mode of transmission, susceptible host**

B. Pathogen, carrier, immune response

C. Exposure, infection, disease

D. Infection, treatment, recovery

*The correct answer highlights the foundational aspects of the chain of infection: source, mode of transmission, and susceptible host. Understanding this triad is crucial in infection control and prevention strategies. The source refers to the pathogen that causes the infection, which could be bacteria, viruses, fungi, or parasites. Recognizing the source helps in implementing measures to eliminate or control the pathogen. The mode of transmission explains how the pathogen spreads from one host to another, which can occur through various routes such as direct contact, airborne transmission, vectors, or fomites. Knowing the mode of transmission is essential for healthcare workers and phlebotomists to adopt appropriate precautions to break this chain and prevent infections. Finally, the susceptible host is a person who is at risk of contracting the infection. Factors like age, immune status, and underlying health conditions can influence susceptibility. Identifying susceptible hosts helps in targeting preventive measures. The other options, while mentioning elements related to infection, do not accurately depict the fundamental components necessary to describe the chain of infection. They focus on concepts that do not fully encompass the process of how infections are spread and established within populations.*

### 4. Which test requires a whole blood specimen?

**A. CBC or complete blood count**

B. Comprehensive metabolic panel

C. Lipid profile

D. Bacterial culture

*The correct answer is the complete blood count (CBC), which requires a whole blood specimen because this test analyzes several components of the blood, including red blood cells, white blood cells, hemoglobin, hematocrit, and platelets. For accurate results, the CBC is performed using the entirety of the blood sample, as it needs to assess both the cellular components and the overall status of the blood. Whole blood contains all the cellular elements and plasma in their natural proportions, which is essential for the reliable evaluation of these blood components. In contrast, tests like a comprehensive metabolic panel or lipid profile typically require serum or plasma, which is obtained by allowing the blood to clot and then separating the liquid portion. While bacterial cultures can be conducted on whole blood, they can also be performed using other types of specimens, making CBC the most distinct in its requirement for whole blood.*

### 5. What is the name of the procedure used to collect DNA from the cells inside a person's cheek?

**A. Buccal swab**

B. Ventricular aspiration

C. Salivary extraction

D. Pharyngeal scraping

*The procedure used to collect DNA from the cells inside a person's cheek is known as a buccal swab. This technique involves using a sterile swab to gently scrape the inner lining of the cheek, where epithelial cells are abundant. These cells contain the DNA that can be extracted for various purposes, such as genetic testing or forensic analysis. This method is preferred because it is non-invasive and relatively simple to perform, allowing for convenient sample collection that can be done in various settings, including clinics or even at home. The ease of the procedure contributes to its popularity for DNA collection, especially in research and legal contexts.*

**6. What precautions should be taken when drawing from a patient with a history of fainting?**

- A. Draw while the patient is standing
- B. Ensure the patient is seated or lying down and monitor closely**
- C. Use a larger needle for blood draws
- D. Draw quickly to minimize discomfort

*For a patient with a history of fainting, ensuring that they are either seated or lying down and monitoring them closely is crucial for their safety. Fainting, or syncope, can be triggered by stress, pain, or a sudden drop in blood pressure during blood draws. By having the patient in a seated or supine position, you can significantly reduce the risk of them falling or injuring themselves if they do faint. Additionally, maintaining close monitoring enables the phlebotomy technician to observe any signs of distress or discomfort during the procedure, allowing for immediate intervention if necessary. This approach not only prioritizes the patient's safety but also creates a more comfortable environment, reducing anxiety and potential complications associated with the blood draw.*

**7. Which of the following veins is most commonly used for venipuncture?**

- A. Cubital vein**
- B. Femoral vein
- C. Jugular vein
- D. Basilic vein

*The cubital vein, located in the antecubital fossa (the crease of the elbow), is the most commonly used vein for venipuncture due to several key factors. It is typically large and easily accessible, making it less challenging for phlebotomists to draw blood. Furthermore, the positioning of the cubital vein allows for a more stable and comfortable experience for patients during blood collection. In addition to its accessibility, the cubital vein is often situated near the surface of the skin, which reduces the risk of complications during the venipuncture procedure, such as hitting surrounding nerves or arteries. Clinics, hospitals, and labs prefer this location for routine blood draws because the likelihood of a successful collection on the first attempt is considerably higher when it comes to the cubital vein. In contrast, other veins such as the femoral vein and jugular vein are less frequently used for standard venipuncture in outpatient settings due to their deep location and proximity to major arteries and nerves, increasing the risk of complications. The basilic vein, while also used for venipuncture, is generally less preferred compared to the cubital vein because it is closer to nerves and can be more difficult to palpate. This makes the cub*

**8. Which type of blood tube is typically used for the collection of a complete blood count (CBC)?**

- A. Green-top tube
- B. Red-top tube
- C. Yellow-top tube
- D. Lavender-top (EDTA) tube**

*The lavender-top tube is specifically designed for the collection of blood samples intended for a complete blood count (CBC). This tube contains ethylenediaminetetraacetic acid (EDTA), an anticoagulant that prevents clotting in the blood sample. The use of EDTA is crucial for CBC testing as it maintains the integrity of the blood cells, allowing for accurate analysis of components such as red blood cells, white blood cells, and platelets. In contrast, the green-top tube typically contains heparin, which is used for various tests but not usually for a CBC since it may affect the morphology of cells in the analysis. The red-top tube does not contain any anticoagulant, making it suitable for serum tests but not for CBCs, as clotting would alter the results. The yellow-top tube is used for specific tests such as blood cultures or for serum in certain types of chemistry tests but is not appropriate for a CBC due to the lack of an anticoagulant. Therefore, the lavender-top tube is the standard option for collecting blood samples for CBC analysis.*

**9. What is a potential complication of venipuncture?**

- A. Fainting
- B. Hemorrhage
- C. Infection
- D. All of the above**

*A potential complication of venipuncture includes fainting, hemorrhage, and infection, each of which can occur during or after the procedure. Fainting, or syncope, can happen due to anxiety, pain, or a vasovagal response to the needle insertion, particularly in individuals who are apprehensive about blood draws. Hemorrhage may occur if the vein is punctured too deeply or if proper pressure is not applied after the removal of the needle, leading to excessive bleeding from the site. This is particularly relevant for individuals on anticoagulant therapy or those who have clotting disorders. Infection is also a significant risk since the skin is broken during venipuncture, which can introduce pathogens into the bloodstream if aseptic techniques are not followed. Contaminated equipment or inadequate skin preparation can further increase this risk. Because all of these complications are recognized potential outcomes of venipuncture, the correct answer encompasses all of them, highlighting the importance of careful technique and patient monitoring during the procedure.*

**10. What gauge size is appropriate to use when drawing blood from a hand with a winged infusion set?**

- A. 21 gauge
- B. 23 gauge**
- C. 25 gauge
- D. 27 gauge

*The appropriate gauge size when using a winged infusion set for drawing blood from a hand is the 23 gauge. This gauge size strikes a balance between being large enough to facilitate a smooth blood flow while being small enough to minimize discomfort for the patient, particularly in smaller veins found in the hands. Winged infusion sets, often referred to as "butterfly" needles, are particularly well-suited for accessing superficial veins, which are more common in the hands. The 23 gauge is a good choice because it provides enough lumen size to prevent hemolysis during the draw, thereby ensuring a higher quality sample for testing. In more general practice, choosing the right gauge is crucial to account for the vein size and patient comfort. A smaller gauge, like 25 or 27, may increase the risk of occlusion and make the procedure more difficult, especially given the more delicate nature of hand veins. Conversely, a larger gauge like 21 may be more suitable for larger veins, but could also lead to more trauma and discomfort in smaller veins. Hence, the 23 gauge is recommended for this context to optimize both the patient experience and the quality of the sample collected.*

## Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).

Or visit your dedicated course page for more study tools and resources:

<https://amcaptc.examzify.com>

We wish you the very best on your exam journey. You've got this!

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