

# **Certified Phlebotomy Technician I (CPT1) Anderson CE Practice Test (Sample)**

## **Study Guide**



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. Why is proper hand hygiene critical for phlebotomists?**
  - A. To impress the patients**
  - B. To prevent cross-contamination and infection**
  - C. To save time during the procedure**
  - D. To comply with school regulations**
  
- 2. Which test requires the specimen to be collected in a gray top tube?**
  - A. Glucose testing**
  - B. Complete blood count**
  - C. Lipid panel**
  - D. Electrolyte testing**
  
- 3. What is a primary consideration when selecting a site for arterial puncture?**
  - A. The size and accessibility of the vein**
  - B. The presence of collateral circulation**
  - C. The average depth of the artery**
  - D. The patient's blood pressure**
  
- 4. Which factor might result in a false-positive result in a drug screening?**
  - A. Certain medications or food products**
  - B. Improper sample handling**
  - C. Inaccurate labeling of samples**
  - D. Incorrect testing equipment**
  
- 5. What should be done if a patient feels faint during a blood draw?**
  - A. Continue the procedure**
  - B. Stop the draw and position the patient safely**
  - C. Ask the patient to take deep breaths**
  - D. Administer glucose on-site**

**6. Which test is typically performed first to exclude parentage or paternity claims?**

- A. DNA profiling**
- B. ABO and Rh testing**
- C. HLA typing**
- D. Coombs test**

**7. How long should 70% isopropyl alcohol be left in contact with the skin for optimal antiseptic effectiveness?**

- A. 10-15 seconds**
- B. 30-60 seconds**
- C. 1-2 minutes**
- D. 5 minutes**

**8. What can cause hemolysis of red blood cells during blood collection?**

- A. Slow gentle mixing**
- B. Excessively shaking or rotating the blood**
- C. Using a large bore needle**
- D. Collecting blood from the arm**

**9. What is the main component of plasma that plays a key role in blood clotting?**

- A. Red blood cells**
- B. White blood cells**
- C. Fibrinogen**
- D. Globulins**

**10. Why is the ulnar artery considered unsuitable for arterial puncture?**

- A. It is too small for puncture**
- B. It may cause excessive bleeding**
- C. It provides back-up blood supply if the radial artery is damaged**
- D. It is difficult to locate**

## **Answers**

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

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## **Explanations**

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## 1. Why is proper hand hygiene critical for phlebotomists?

- A. To impress the patients
- B. To prevent cross-contamination and infection**
- C. To save time during the procedure
- D. To comply with school regulations

Proper hand hygiene is critical for phlebotomists primarily to prevent cross-contamination and infection. By thoroughly washing hands and using antiseptic hand rubs, phlebotomists reduce the risk of transmitting pathogens between patients and healthcare providers. This practice is essential in a clinical setting where the risk of exposure to bloodborne pathogens is high. Maintaining a clean environment and ensuring that hands are free of contaminants helps to safeguard both the patient and the phlebotomist from potential infections. The importance of hand hygiene is further underscored by various health regulations and guidelines, which highlight its role as a primary defense against healthcare-associated infections. By following proper hand hygiene protocols, phlebotomists uphold patient safety and contribute to overall infection control within the healthcare facility.

## 2. Which test requires the specimen to be collected in a gray top tube?

- A. Glucose testing**
- B. Complete blood count
- C. Lipid panel
- D. Electrolyte testing

The correct choice is related to glucose testing, which is commonly performed using a gray top tube. The gray top tube contains a preservative, typically sodium fluoride, which inhibits glycolysis, the breakdown of glucose by cells. This property is crucial when collecting blood samples for glucose testing because it ensures that the glucose levels measured in the laboratory remain stable and accurately reflect the patient's blood glucose levels at the time of collection. In contrast, the other tests listed do not typically require a gray top tube: - A complete blood count (CBC) generally requires a lavender top tube, which contains EDTA as an anticoagulant. - A lipid panel is usually performed using a serum separator tube, typically a red or gold top tube, to allow for the separation of serum from the blood cells. - Electrolyte testing can be done using various types of tubes, including green top tubes that contain heparin or serum separator tubes, but not specifically a gray top tube. Thus, the requirement of the gray top tube for glucose testing is significant in ensuring that accurate results are obtained in clinical settings.

**3. What is a primary consideration when selecting a site for arterial puncture?**

- A. The size and accessibility of the vein**
- B. The presence of collateral circulation**
- C. The average depth of the artery**
- D. The patient's blood pressure**

When selecting a site for arterial puncture, the presence of collateral circulation is a primary consideration because it ensures that there is an adequate blood supply to the tissue in case the artery is inadvertently occluded during the procedure. Collateral circulation refers to alternative pathways or vessels that can supply blood to a particular area. If a puncture is made in an artery that does not have adequate collateral circulation, there is a risk of ischemia (lack of blood flow) to the surrounding tissues, which can lead to complications. In contrast, while the size and accessibility of the artery, the average depth of the artery, and the patient's blood pressure are all relevant factors in assessing the site for an arterial puncture, they do not directly influence the risk associated with potential occlusion of blood flow to the tissues. Therefore, ensuring good collateral circulation is vital for patient safety and successful arterial puncture.

**4. Which factor might result in a false-positive result in a drug screening?**

- A. Certain medications or food products**
- B. Improper sample handling**
- C. Inaccurate labeling of samples**
- D. Incorrect testing equipment**

Certain medications or food products can indeed lead to a false-positive result in a drug screening. This occurs because many substances found in medications—both prescription and over-the-counter—as well as some foods, may contain chemical compounds that are structurally similar to the drugs being tested for. As a result, the screening test may mistakenly identify these substances as illicit drugs, thereby producing a false-positive outcome. For example, substances like hemp or poppy seeds have been shown to trigger positive results for certain drugs like THC and opioids, respectively, despite not being indicative of drug abuse. Such interactions can complicate the accuracy of drug testing, necessitating further confirmatory testing to clarify the results. Understanding this principle is crucial for interpreting screening results and ensuring proper patient management.

**5. What should be done if a patient feels faint during a blood draw?**

- A. Continue the procedure**
- B. Stop the draw and position the patient safely**
- C. Ask the patient to take deep breaths**
- D. Administer glucose on-site**

If a patient feels faint during a blood draw, the appropriate response is to stop the draw and position the patient safely. This is crucial for several reasons. First, continuing the procedure could lead to more significant complications, such as loss of consciousness or injury from falling. By stopping the draw, you prevent further stress on the patient and allow for the opportunity to assess their condition. Positioning the patient safely helps ensure their comfort and safety; commonly, this involves laying the patient down or raising their legs, which can improve blood flow to the brain and alleviate symptoms of faintness. This response prioritizes patient well-being and allows for monitoring and support until they feel stable again. While the other options might seem helpful, they do not adequately address the immediate need for the patient's safety and well-being. Encouraging deep breathing can be beneficial in some situations, but it may not be sufficient if the patient is experiencing significant discomfort or distress. Administering glucose on-site is only appropriate if there is a specific indication of hypoglycemia, which may not be the case.

**6. Which test is typically performed first to exclude parentage or paternity claims?**

- A. DNA profiling**
- B. ABO and Rh testing**
- C. HLA typing**
- D. Coombs test**

The most common test performed first to exclude parentage or paternity claims is ABO and Rh testing. This is because ABO blood group testing can quickly determine the blood type of an individual, including the potential parent and child. By comparing the blood types of the alleged parent(s) with that of the child, it is often possible to exclude a person as the biological parent if their blood type is incompatible with the child's expected blood type based on inheritance patterns. ABO and Rh testing serves as a preliminary step due to its simplicity and speed, allowing healthcare professionals to make initial assessments regarding parentage claims. While DNA profiling offers highly accurate results regarding parentage and is the gold standard for resolving such claims, it is not typically the initial test performed due to its complexity and the time required to process and analyze samples. HLA typing is used for tissue matching rather than blood relationship determination, and the Coombs test detects antibodies that could cause hemolytic reactions and is not relevant for establishing parentage. Thus, ABO and Rh testing's effectiveness and efficiency in initial assessments of parentage make it the first line of testing in such situations.

**7. How long should 70% isopropyl alcohol be left in contact with the skin for optimal antiseptic effectiveness?**

- A. 10-15 seconds**
- B. 30-60 seconds**
- C. 1-2 minutes**
- D. 5 minutes**

The optimal duration for which 70% isopropyl alcohol should be in contact with the skin is 30-60 seconds. This time frame is necessary for the alcohol to effectively kill germs and bacteria. During this period, the alcohol works by denaturing proteins and disrupting cell membranes of microorganisms, leading to their destruction. Leaving the alcohol on the skin for less than 30 seconds may not provide sufficient time for these processes to occur fully, reducing its effectiveness as an antiseptic. Conversely, a longer exposure, such as 1-2 minutes or 5 minutes, does not significantly enhance its antimicrobial action and could lead to skin dryness or irritation without any additional benefit. Thus, the 30-60 second window strikes an ideal balance between maximizing antiseptic effectiveness and maintaining skin health.

**8. What can cause hemolysis of red blood cells during blood collection?**

- A. Slow gentle mixing**
- B. Excessively shaking or rotating the blood**
- C. Using a large bore needle**
- D. Collecting blood from the arm**

When blood is collected, hemolysis refers to the rupture of red blood cells, releasing their contents into the plasma. This can lead to various complications, including inaccurate lab results. One of the common causes of hemolysis during blood collection is excessively shaking or rotating the blood collection device. This vigorous agitation creates shear forces that can damage the fragile red blood cell membrane, leading to hemolysis. Proper handling techniques, such as gently mixing blood in tubes, are critical to avoid introducing stress that causes cell rupture. Within the context of the choices provided, while other options may relate to blood collection practices, none contribute to hemolysis as significantly as the act of excessive shaking or rotation does. It is essential for phlebotomy technicians to handle blood samples with care to maintain the integrity of the specimen for accurate diagnosis and treatment planning.

**9. What is the main component of plasma that plays a key role in blood clotting?**

- A. Red blood cells**
- B. White blood cells**
- C. Fibrinogen**
- D. Globulins**

Fibrinogen is the main component of plasma that plays a crucial role in blood clotting. It is a soluble plasma protein produced by the liver and is essential for hemostasis, the process that prevents and stops bleeding. During the clotting process, fibrinogen is converted into fibrin strands by the enzyme thrombin. These strands weave through the platelet plug formed at the site of injury, effectively stabilizing the clot and allowing the healing process to begin. The other components listed, such as red blood cells, white blood cells, and globulins, have important functions within the blood but are not directly involved in the clotting process. Red blood cells are primarily responsible for transporting oxygen. White blood cells are integral to the immune response, helping fight infections. Globulins serve various functions including transport and immune responses but do not play a direct role in the formation of blood clots. Thus, fibrinogen's specific function in clot formation makes it the correct choice in this context.

**10. Why is the ulnar artery considered unsuitable for arterial puncture?**

- A. It is too small for puncture**
- B. It may cause excessive bleeding**
- C. It provides back-up blood supply if the radial artery is damaged**
- D. It is difficult to locate**

The ulnar artery is considered unsuitable for arterial puncture primarily because it serves as a critical back-up blood supply to the hand in the event of damage or compromise to the radial artery. The radial artery is the more commonly used site for arterial puncture, particularly due to its accessibility and proximity to the surface of the skin. When arterial puncture is performed, there is always a risk of complications, including bleeding, which can be significant if the primary vessel is compromised. The ulnar artery's role in maintaining proper blood flow to the hand makes it essential to preserve. Therefore, if the radial artery were to be damaged during a procedure, the ulnar artery can help ensure that blood supply continues to reach the hand, preventing potential ischemia. Additionally, the ulnar artery is not as immediately accessible for puncture as the radial artery, which contributes further to its designation as unsuitable for arterial punctures in standard practice. This preference is reinforced by considerations regarding patient safety and the anatomical significance of maintaining collateral circulation.

# 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://cpt1andersonce.examzify.com>**

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

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