

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

## Study Guide



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

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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. What characteristic is important in the handling of tissue specimens?**
  - A. They are often stored at room temperature**
  - B. They require immediate freezing after collection**
  - C. They can tolerate various forms of mishandling**
  - D. They are unaffected by environmental conditions**
  
- 2. In which situation would you most likely use a winged infusion set (butterfly)?**
  - A. For drawing from a large vein**
  - B. When accessing a hand vein, pediatric, or geriatric patient**
  - C. For rapid blood collection procedures**
  - D. Only in emergency situations**
  
- 3. What is the recommended action if a patient feels woozy during venipuncture?**
  - A. Have them stand up quickly**
  - B. Lower their head between their knees**
  - C. Encourage them to breathe deeply**
  - D. Give them sugar**
  
- 4. What body system is responsible for detecting changes in the internal and external environments and coordinating responses?**
  - A. The circulatory system**
  - B. The muscular system**
  - C. The respiratory system**
  - D. The nervous system**
  
- 5. What do Standard Precautions aim to prevent?**
  - A. Transmission of pathogens regardless of patient's infection status**
  - B. Transmission of pathogens only for infected patients**
  - C. Infection through surgical procedures only**
  - D. Isolation of contagious patients**

- 6. What is the most common reason for a "failed stick" in venipuncture?**
- A. Poor vein access or movement by the patient**
  - B. Using a needle that is too large**
  - C. Collecting too much blood too quickly**
  - D. Improper patient instructions**
- 7. What is the primary cause of iatrogenic anemia?**
- A. Excessive removal of blood at the request of a physician**
  - B. Inadequate blood replacement therapy**
  - C. Infections from blood draws**
  - D. Medication side effects causing blood loss**
- 8. Which item should not be included in a phlebotomy kit?**
- A. Needles**
  - B. Sharps container**
  - C. Alcohol swabs**
  - D. Thermometer**
- 9. What basic requirements must be met for patient identification before routine blood collection?**
- A. Full name**
  - B. Date of birth**
  - C. Full name and Date of birth**
  - D. Hospital ID**
- 10. What is the preferred site for performing an arterial puncture?**
- A. Brachial artery**
  - B. Femoral artery**
  - C. Radial artery**
  - D. Carotid artery**

## Answers

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

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## **Explanations**

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**1. What characteristic is important in the handling of tissue specimens?**

- A. They are often stored at room temperature**
- B. They require immediate freezing after collection**
- C. They can tolerate various forms of mishandling**
- D. They are unaffected by environmental conditions**

The importance of immediate freezing after the collection of tissue specimens lies in preserving the integrity and viability of the samples. Tissue specimens are sensitive to temperature changes, and any delay in their preservation can lead to degradation of cellular components, enzymatic activity, and potential contamination. By freezing the specimens promptly, the biochemical processes within the tissue are halted, which is essential for accurate analysis and diagnosis. Other handling conditions do not ensure the same level of preservation. For instance, storing tissue specimens at room temperature can lead to altered or degraded samples over time. Similarly, the idea that they can tolerate various forms of mishandling or that they are unaffected by environmental conditions is misleading, as both factors can significantly compromise the quality and accuracy of the specimens for diagnostic purposes. Therefore, immediate freezing is a critical practice in maintaining the quality and reliability of tissue samples.

**2. In which situation would you most likely use a winged infusion set (butterfly)?**

- A. For drawing from a large vein**
- B. When accessing a hand vein, pediatric, or geriatric patient**
- C. For rapid blood collection procedures**
- D. Only in emergency situations**

A winged infusion set, commonly referred to as a butterfly, is specifically designed for situations where veins are small, difficult to access, or when working with patients who may be more sensitive, such as children or the elderly. The flexibility and stability of the butterfly wings provide better maneuverability and grip when inserting the needle, which is especially important in smaller or superficial veins found in the hands. This makes it ideal for pediatric and geriatric patients, who often have fragile veins compared to adults with larger veins. The design of the butterfly set allows for a more precise insertion and minimized movement during blood draws, which is crucial for maintaining patient comfort and obtaining an adequate sample. In contrast, other scenarios such as drawing from large veins or conducting rapid blood collection procedures typically utilize straight needles or larger gauge needles that are more efficient for such tasks. Additionally, the use of a butterfly set is not limited to emergency situations but is preferred in routine venipuncture for certain populations, highlighting its specialized application rather than a general or emergency use.

**3. What is the recommended action if a patient feels woozy during venipuncture?**

- A. Have them stand up quickly
- B. Lower their head between their knees**
- C. Encourage them to breathe deeply
- D. Give them sugar

When a patient feels woozy during venipuncture, the recommended action is to lower their head between their knees. This position helps increase blood flow to the brain, which can alleviate feelings of dizziness or faintness. It encourages venous return and may help prevent fainting. In this situation, positioning the patient this way allows them to maintain consciousness and can provide immediate relief from symptoms of lightheadedness. It is essential for a phlebotomy technician to be aware of such techniques to ensure the safety and comfort of the patient during the procedure. In addition, addressing the patient's physical state through proper positioning reflects good clinical practice. Other options may not be suitable responses in this context. For instance, having the patient stand up quickly can exacerbate feelings of dizziness due to a sudden change in position, and while encouraging deep breathing can be beneficial for anxiety, it does not directly address the physical symptoms of wooziness. Giving sugar may only be appropriate in specific circumstances, such as when low blood sugar is suspected, but it's not a general remedy for faintness during a procedure. Overall, lowering the head between the knees is a proven and effective method to assist a patient in this situation.

**4. What body system is responsible for detecting changes in the internal and external environments and coordinating responses?**

- A. The circulatory system
- B. The muscular system
- C. The respiratory system
- D. The nervous system**

The nervous system is crucial for detecting changes in both internal and external environments and coordinating appropriate responses. It consists of the brain, spinal cord, and a network of nerves that transmit signals throughout the body. When a change occurs—such as touching a hot surface—the nervous system quickly processes the information, sends signals to the muscles to react, and can also trigger various involuntary responses. This ability to receive sensory input, interpret it, and respond effectively is essential for maintaining homeostasis and ensuring the safety and functionality of the organism. In contrast, the circulatory system primarily focuses on the transportation of blood, nutrients, and waste throughout the body but does not play a direct role in environmental detection and response coordination. The muscular system is responsible for movement and stability but relies on the nervous system to receive commands and stimuli. The respiratory system is mainly concerned with gas exchange and does not coordinate responses to changes in the environment directly. Thus, the nervous system stands out as the primary system for sensing and responding to changes around us.

## 5. What do Standard Precautions aim to prevent?

- A. Transmission of pathogens regardless of patient's infection status**
- B. Transmission of pathogens only for infected patients**
- C. Infection through surgical procedures only**
- D. Isolation of contagious patients**

Standard Precautions are a set of infection control practices designed to prevent the transmission of pathogens in healthcare settings, regardless of whether a patient is known to be infected or not. This approach ensures that all patients are treated with the same level of care and safety, minimizing the risk of spreading infections. The primary goal of Standard Precautions is to create a universal approach to infection control that protects both healthcare workers and patients. This includes the use of personal protective equipment (PPE), hand hygiene, and safe handling of patient care equipment to limit exposure to blood and other potentially infectious materials. While other options focus on specific scenarios, such as only infected patients or certain types of procedures, Standard Precautions encompass a broader range of practices that apply to every patient encounter, making them vital for infection prevention in all healthcare settings.

## 6. What is the most common reason for a "failed stick" in venipuncture?

- A. Poor vein access or movement by the patient**
- B. Using a needle that is too large**
- C. Collecting too much blood too quickly**
- D. Improper patient instructions**

A "failed stick" in venipuncture often results from poor vein access or movement by the patient. Factors such as the anatomy of the patient's veins, their hydration status, or even the patient's physical movement can significantly impact the success of the needle insertion. If a vein is not accessible or if the patient moves suddenly or is anxious during the procedure, it can lead to the needle missing the vein or entering it at the wrong angle, causing the attempt to fail. While other factors can contribute to unsuccessful venipuncture attempts, they are generally less common than issues with accessing the vein or patient movements. For instance, using a needle that is too large might cause discomfort or bruising but is not typically the primary reason for a failed stick. Collecting too much blood too quickly could result in complications once the needle is successfully placed, but it would not usually affect the initial insertion. Lastly, improper patient instructions can lead to anxiety which may affect compliance, yet poor vein access and movement are still the most prevalent causes in practice. Thus, understanding how patient interaction and vein accessibility influence the venipuncture process is critical for effective phlebotomy.

## 7. What is the primary cause of iatrogenic anemia?

- A. Excessive removal of blood at the request of a physician**
- B. Inadequate blood replacement therapy**
- C. Infections from blood draws**
- D. Medication side effects causing blood loss**

The primary cause of iatrogenic anemia is excessive removal of blood at the request of a physician. This form of anemia arises when patients experience a drop in red blood cell counts due to the repeated or excessive withdrawal of blood for testing or other medical purposes. Each instance of blood removal reduces the overall blood volume and can lead to a deficiency in red blood cells, which are crucial for transporting oxygen throughout the body. Iatrogenic anemia is particularly concerning in hospitalized patients or those undergoing treatment that requires frequent blood draws, as their blood volume can become compromised over time. While other options may relate to anemia in general, they do not specifically address the iatrogenic aspect. Inadequate blood replacement therapy refers more to situations where blood loss is compensated ineffectively, but it does not capture the idea of the intentional removal of blood. Infections from blood draws, while a risk, typically do not cause anemia directly. Lastly, medication side effects that cause blood loss are generally not classified as iatrogenic anemia, as they arise from drug interactions rather than medical procedures like blood withdrawal. Thus, the correct answer focuses specifically on the deliberate act of blood removal leading to anemia.

## 8. Which item should not be included in a phlebotomy kit?

- A. Needles**
- B. Sharps container**
- C. Alcohol swabs**
- D. Thermometer**

A thermometer should not be included in a phlebotomy kit because it is not a standard tool used during the blood collection process. The primary purpose of a phlebotomy kit is to facilitate the safe and effective collection of blood samples, which requires specific items that directly relate to that task. Needles, for instance, are essential for drawing blood, while alcohol swabs are used to disinfect the site of the venipuncture to help prevent infection. A sharps container is crucial for the safe disposal of used needles and other sharp instruments, ensuring that they are handled safely and reducing the risk of needlestick injuries. In contrast, a thermometer does not play a role in the blood collection procedure, which is why it is not considered a necessary component of a phlebotomy kit.

**9. What basic requirements must be met for patient identification before routine blood collection?**

- A. Full name**
- B. Date of birth**
- C. Full name and Date of birth**
- D. Hospital ID**

For patient identification before routine blood collection, it is essential to confirm several key pieces of information to ensure accuracy and safety. Full name and date of birth are both necessary components because they uniquely identify the patient and help prevent mix-ups with other individuals in the healthcare setting. Using a patient's full name allows the healthcare provider to accurately match the sample to the right medical records, while the date of birth provides an additional layer of verification. These two identifiers work together to ensure that the right procedures are performed on the correct patient, which is critical in maintaining patient safety and the integrity of the medical process. Other options may include relevant identifiers, but none alone provide the same level of comprehensive verification as the combination of full name and date of birth. This approach aligns with standard protocols in healthcare, where multiple identifiers are often required to enhance accuracy in patient verification before any procedure, including blood collection.

**10. What is the preferred site for performing an arterial puncture?**

- A. Brachial artery**
- B. Femoral artery**
- C. Radial artery**
- D. Carotid artery**

The radial artery is the preferred site for performing an arterial puncture primarily due to its accessibility, safety, and practicality. It is located close to the surface of the skin at the wrist and has a fairly consistent anatomical position, making it easier to palpate and puncture. Additionally, the radial artery is typically less prone to complications compared to other sites, allowing for a reduced risk of hematomas or other vascular issues. In contrast, while the brachial and femoral arteries can also be accessed for arterial punctures, they are often avoided in routine procedures due to their deeper location and proximity to major veins and nerves, which increases the risk of complications. The carotid artery, while accessible, is usually reserved for emergency situations given its proximity to vital structures in the neck and the potential for serious complications if punctured improperly. Thus, the radial artery strikes a balance between ease of access and safety, making it the most commonly used site for arterial puncture.

## 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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