

# Phlebotomy Technician Practice Exam (NCPT/CPT) (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

- 1. What does a sclerosed vein feel like?**
  - A. Soft and malleable**
  - B. Wet and slippery**
  - C. Hard, cord-like**
  - D. Invisible to the touch**
- 2. What is edema?**
  - A. A type of bruise**
  - B. Swelling due to excess blood**
  - C. Body tissue that contains excess tissue fluid**
  - D. Hardening of the veins**
- 3. Should the lab coat be removed once the phlebotomist has entered the lab?**
  - A. True**
  - B. False**
- 4. What does tissue contusion mean?**
  - A. Swelling of the skin**
  - B. Infection of the skin**
  - C. Collection of blood under the skin**
  - D. A type of skin rash**
- 5. What can happen if probing blindly?**
  - A. Nothing**
  - B. Immediate success**
  - C. You can strike a nerve**
  - D. Faster blood collection**
- 6. Lumen is defined as**
  - A. The outer layer of an artery**
  - B. Space within the walls of an artery, vein, or tube**
  - C. A blockage in a blood vessel**
  - D. The innermost lining of the heart**

- 7. Performing a procedure for which one has not been trained is called:**
- A. Negligence**
  - B. Malpractice**
  - C. Assault and battery**
  - D. Ethical violation**
- 8. Which organization sets the standard of care?**
- A. FDA**
  - B. CDC**
  - C. OSHA**
  - D. WHO**
- 9. Patient must fast how many hours before drawing blood for FBS, GTT?**
- A. 4-6 hrs**
  - B. 6-8 hrs**
  - C. 8-10 hrs**
  - D. 12-14 hrs**
- 10. How many identifiers are required from patients before a procedure?**
- A. Two**
  - B. One**
  - C. Three**
  - D. Four**



## **Answers**

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

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## **Explanations**

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### 1. What does a sclerosed vein feel like?

- A. Soft and malleable
- B. Wet and slippery
- C. Hard, cord-like**
- D. Invisible to the touch

A sclerosed vein differs from a normal vein as it becomes hardened and thickened, appearing like a hard, cord-like mass under the skin. This is due to the buildup of scar tissue and the narrowing of the vein, which can cause discomfort or pain. Options A and B are incorrect because a sclerosed vein does not maintain its softness or slipperiness. Option D is incorrect because although the vein may be difficult to see, it can still be felt as a hard mass.

### 2. What is edema?

- A. A type of bruise
- B. Swelling due to excess blood
- C. Body tissue that contains excess tissue fluid**
- D. Hardening of the veins

Edema is the buildup of excess fluid in body tissues, causing them to swell. This swelling is not due to excess blood, making B incorrect. It is also not a type of bruise, making A incorrect. D is also incorrect because edema is not caused by hardening of the veins, but rather by several other factors such as injury, inflammation, or disease.

### 3. Should the lab coat be removed once the phlebotomist has entered the lab?

- A. True
- B. False**

The lab coat should not be removed once the phlebotomist has entered the lab. This is because the lab coat serves as a protective barrier against potential hazards in the lab such as chemical spills or biological samples. Removing the lab coat while in the lab could expose the phlebotomist to these hazards and increase their risk of injury or contamination. Therefore, it is important for the phlebotomist to keep their lab coat on at all times while in the lab. Selecting option A as the answer is incorrect because it suggests that the lab coat should be removed once in the lab, which is not safe or recommended.

#### 4. What does tissue contusion mean?

- A. Swelling of the skin
- B. Infection of the skin
- C. Collection of blood under the skin**
- D. A type of skin rash

Tissue contusion refers to a condition where there is a collection of blood and fluid under the skin due to a traumatic injury. This is commonly known as a bruise. Option A is incorrect because swelling of the skin is typically not associated with tissue contusions. Option B is also incorrect as an infection of the skin is not a defining characteristic of a tissue contusion. Option D is also incorrect as a contusion is not a type of skin rash.

#### 5. What can happen if probing blindly?

- A. Nothing
- B. Immediate success
- C. You can strike a nerve**
- D. Faster blood collection

Blindly probing or randomly inserting needles without proper training, knowledge and care can have severe consequences. It can lead to striking a nerve or causing nerve damage, which can result in pain, numbness, tingling or even paralysis. Therefore, it is important to always have proper training and knowledge before performing any invasive medical procedure. Option A is incorrect because taking any action has consequences, even if it seems like nothing happened. Option B is incorrect as immediate success is not guaranteed and can have detrimental effects even if it does occur. Option D is incorrect because blindly probing can result in less accurate and slower blood collection due to potential complications. The most important thing is to always proceed with caution and proper technique when dealing with delicate procedures such as medical probing.

#### 6. Lumen is defined as

- A. The outer layer of an artery
- B. Space within the walls of an artery, vein, or tube**
- C. A blockage in a blood vessel
- D. The innermost lining of the heart

The correct explanation for this question is that lumen refers to the space within the walls of an artery, vein, or tube. This means that options A, C, and D are incorrect because they refer to different anatomical structures that are not the same as lumen. Option B is the only choice that accurately describes lumen and its location within the body. A lumen is the hollow part of a tubular structure, such as blood vessels or the digestive tract, through which substances flow. So, option B is the correct choice because it accurately defines lumen.

**7. Performing a procedure for which one has not been trained is called:**

- A. Negligence**
- B. Malpractice**
- C. Assault and battery**
- D. Ethical violation**

Performing a procedure for which one has not been trained can result in harming/potentially endangering the patient. Negligence is defined as failing to use reasonable care, which may result in injury to others. Assault and Battery is the intentional and offensive physical contact with another person without their consent. Ethical violation involves going against the standards of conduct set by a profession. These options are incorrect because they do not specifically refer to the act of performing a procedure without proper training. By definition, malpractice is the proper term to describe this situation. Additionally, malpractice also includes the element of having a professional duty to the patient.

**8. Which organization sets the standard of care?**

- A. FDA**
- B. CDC**
- C. OSHA**
- D. WHO**

The other options are incorrect because they do not specifically focus on setting the standard of care, they may have other regulatory roles that do not fall under standard of care. For example, the FDA is responsible for ensuring the safety and efficacy of food, drugs, and medical devices, while the CDC focuses on preventing and controlling infectious diseases. The WHO, on the other hand, is responsible for global health and international health regulations. Only OSHA, the Occupational Safety and Health Administration, is specifically mandated to set and enforce workplace safety and health standards, which includes the standard of care for employees. Therefore, OSHA is the correct answer for this question.

**9. Patient must fast how many hours before drawing blood for FBS, GTT?**

- A. 4-6 hrs**
- B. 6-8 hrs**
- C. 8-10 hrs**
- D. 12-14 hrs**

It is important for a patient to fast before drawing blood for FBS (fasting blood sugar) or GTT (glucose tolerance test) in order to get accurate results. This is because food and drink can affect blood sugar levels and can lead to inaccurate readings. Typically, a patient should fast for around 8-10 hours before having blood drawn for these tests. Option A (4-6 hours) may not provide enough time for the body to process and regulate blood sugar levels after a meal. Option B (6-8 hours) may still not be enough time, especially if the patient had a large or high-calorie meal before the fasting period. Option D (12-14 hours) may be too long of a fasting period and could lead to low blood sugar levels (hypoglycemia) in patients with diabetes or other conditions. Overall, option

**10. How many identifiers are required from patients before a procedure?**

**A. Two**

**B. One**

**C. Three**

**D. Four**

Identifiers are data points used to confirm patient identity. The two identifiers required before a procedure are necessary to ensure accurate and safe treatment. One identifier may not be sufficient in case of similar names or mistaken identity. Having three or four identifiers may be excessive and can slow down the process of receiving timely treatment. Hence, the correct answer is A, two identifiers.

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

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