

# Complete Blood Count (CBC) Test: Understanding the Test

So you want to know more about a complete blood count test, or CBC.

A CBC is done for one of two reasons ...

Either it's part of a regular checkup ...

or it's done because you aren't feeling well and the doctor is trying to figure out what's wrong.

This test helps your doctor understand the health of the cells in your blood.

It can give clues about why you're not feeling well or why you're having certain symptoms.

And it can also show that your blood and the cells in it are healthy and working the way they should.

For this simple test, you will provide a sample of blood from your arm or hand.

From that sample, the test collects information about ...

... White blood cells, which protect the body from infections.

... Red blood cells, which carry oxygen to other cells in the body and protect against anemia.

... And platelets, which help blood to clot and prevent you from bleeding too much.

Now ... the cells in your sample are measured against normal ranges.

This gives your doctor a better understanding of your health.

Most of the time, a CBC test is used along with other tests to diagnose a disease ...

So your doctor will consider any symptoms you have along with other test results to make a diagnosis or decide if you need treatment.

Knowing more about why a test is done ... and what the results may mean ...

can help you and your doctor better understand your health.

Remember, if you have questions or concerns about the test, just ask your doctor.