



## PATIENT INSTRUCTIONS

# Recommendations after Blood Collection

**Venepuncture (drawing of blood) is a procedure that rarely causes side effects. To reduce the likelihood of side effects such as bleeding, discomfort, swelling or bruising, please follow these simple precautions.**

### PROCEDURE

- After the blood draw, the collector will ask you to apply moderate undisturbed pressure with your fingers to the site for a few minutes. In warmer weather you may need to place pressure on the site for a few minutes longer.
- Leave the dressing strip in place for 30 minutes to an hour.

### FOR THE REST OF THE DAY

- Avoid tight or restrictive clothing on the arm.
- Avoid strenuous use of the arm (eg. sports, digging, ironing, carrying parcels / handbag / briefcase).
- If bleeding occurs, apply firm pressure with your fingers directly over the needle site and elevate the arm until bleeding stops.
- If you have discomfort or swelling of the arm, elevate your arm and place ice over the site for 10 minutes. Let the arm return to normal temperature and re-apply ice for another 10 minutes.
- Rest the arm as much as possible.

### *For more information:*

*If you have any questions or would like to know the location of your nearest Healthscope Collection Centre, please call 1300 453 688.*

### *Visit*

*www.healthscopepathology.com.au for an easy search by postcode to find your nearest collection centre.*

If you have any questions or require further information, please contact our Customer Service Centre.

**1300 453 688**