

# Therapeutic Venesections

## Patient Instructions

### PRIOR TO YOUR APPOINTMENT

- 1) Aim to drink 1-1½ litres of water and have a substantial meal. This assists both in the collection process and your recovery. Avoid alcohol and keep tea and coffee intake to a minimum.
- 2) If you are feeling unwell eg. flu, bad cold, nauseous etc. please reschedule your venesection.
- 3) Bring a driver for the first visit if possible.
- 4) Notify the staff if there has been a change in medications or treatment since the last visit.

### FOLLOWING THE PROCEDURE

- 1) Eat and drink well, this will help to replace lost fluid.
- 2) Leave the pressure pad in place for at least four (4) hours – avoid wetting the pad, as it may become difficult to remove.
- 3) For about 24 hours after collection:
  - Avoid tight or restrictive clothing on the arm.
  - Avoid strenuous use of the arm (e.g. sport, digging, ironing, carrying heavy articles etc)
- 4) Rest as is necessary. Do not over exert yourself for the next couple of days. Some people may feel light-headed or tired after the procedure, either the same day or the day after.
- 5) Limit your alcohol intake for 24 hours after the collection, as alcohol can cause dehydration.
- 6) There are some occupational and recreational activities which should be delayed for a minimum period after a venesection. These include piloting, fire fighting, police work, operating cranes, steeplejacks, driving of heavy/public transport vehicles, sky diving and scuba diving. Please discuss with our staff if this may affect you.

### IF YOU EXPERIENCE

- a) **Bleeding at the needle site** – apply firm pressure and elevate your arm until bleeding stops.
- b) **Discomfort or swelling of the arm** – elevate your arm and contact Clinpath or your own doctor.
- c) **Excessive bruising** – rest your arm as much as is possible and contact Clinpath or your own doctor.

### INFORMATION

For any further information or questions regarding this procedure please call the Venesection Clinic between 8:30am–5:00pm on **(08) 8366 2087**