Patient Instructions

Therapeutic Venesections

PRIOR TO YOUR APPOINTMENT
1. Aim to drink 1-1.5 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 (e.g., cold or flu-like symptoms), 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
- Eat and drink well; this will help to replace lost fluid.
- Leave the pressure pad in place for at least 4 hours (avoid wetting the pad as it may become difficult to remove).
- For about 24 hours after collection:
  1. Avoid tight or restrictive clothing on the arm.
  2. Avoid strenuous use of the arm (e.g., sport, digging, ironing, carrying heavy items etc.)
- Rest as is necessary. Do not over exert yourself in the following days.
- Some people may feel light-headed or tired after they leave the clinic, either on the same day or the following day.
- 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
- **Bleeding at the needle site:** Apply firm pressure and elevate your arm until bleeding stops.
- **Discomfort or swelling of the arm:** Elevate your arm and contact Clinpath or your own doctor.
- **Excessive bruising:** Rest your arm as much as possible and contact Clinpath or your own doctor.

For further information, please contact the Venesection Clinic between the hours of 8:30am - 5:00pm on (08) 8366 2049