

VENESECTION PATIENT INSTRUCTIONS

Why it is necessary to have a venesection and what does it do?

Venesections can be performed when the number of red cells or iron level in the blood is increased. These conditions can then increase the chance of developing problems such as a thrombosis (blood clot) or iron overload in the body. Venesection removes about half a litre of blood, reducing the number of red cells in your blood and decreases these risks. A tourniquet is applied to your arm in the same way as if you were having a blood sample taken and the blood is drained into a bag, the procedure is similar to that used for donating blood. The actual collection takes about 15 minutes but you need to allow approximately 45 minutes for your first visit.



Safety Precautions

- If this is your first visit, it is preferable that you organise someone to drive or accompany you home.
- If you are feeling unwell on the day of your appointment, please phone prior to coming in. The contact number is on your appointment card.
- If you feel faint or unwell contact your local Doctor or return to the emergency department of the hospital.



Instructions

1. Eat normal meals and drink 2-3 glasses of water prior to your arrival.
2. Take all your medication on the day of your venesection unless instructed otherwise by your doctor.
3. If you are taking blood pressure medication tell the nurse before the procedure
4. After the procedure you will be offered a drink.
5. Leave the bandage on your arm for a minimum of 2 hours following venesection.
6. Avoid carrying heavy weights (e.g. shopping bags) with that arm for 24 hours following collection
7. Avoid strenuous activities for the rest of the day (e.g. no exercise such as jogging, gym activities)

VENESECTIONS ARE NOT PERFORMED AT ALL SITES, AND PATIENTS SHOULD CALL AHEAD TO CONFIRM BOOKING.

MONASH PATHOLOGY COLLECTION CENTRES

| Collection Centre | Address | Telephone | Hours |
|-------------------|---|----------------|--|
| CLAYTON | 246 Clayton Rd, Clayton Monash Medical Centre Public Pathology collection rooms | 03 9594 2383 | Monday to Friday 08:30am - 5:00pm |
| | Jessie McPherson Private Hospital Private Consulting Suites <u>Suite G</u> | 03 9594 2469 | Monday to Friday 8:00am - 6:00pm Saturday 8:00am - 2:00pm |
| | Monash Children's Hospital Pathology collection rooms | 03 8572 3072/3 | Monday to Friday 08:30am - 5:00pm |
| BERWICK | Casey Hospital Pathology collection rooms 62 – 70 Kangan Drive, Berwick | 03 8768 1442 | Monday to Friday 8:00am - 5:00pm |
| | Berwick Healthcare Pathology collection rooms 76 Clyde Rd, Berwick | 03 9792 8021 | Monday to Friday 8.30 am - 5.00 pm |
| CRANBOURNE | Cranbourne Centre Pathology collection rooms 140 – 154 Sladen St, Cranbourne | 03 5990 6176 | Monday to Friday 8.30am – 5.00pm Saturday 9.00am – 1.00pm |
| DANDENONG | Dandenong Hospital Pathology collection rooms 135 David St, Dandenong | 03 9554 1901/2 | Monday to Friday 8:00am - 6:00pm Saturday & Sunday 8:00am - 12 noon |
| | Monash Health Community Pathology collection rooms 122 Thomas Street, Dandenong | 03 9792 7854 | Monday to Friday 8.30 am – 5.00 pm |
| | Monash Women's Clinic Pathology collection rooms 135 David St, Dandenong | 03 9792 8003 | Monday to Friday 8.30 am - 5.00 pm |
| FRANKSTON | Peninsula Family General Practice Pathology collection rooms 1B Vera Street, Frankston | 0436 689 745 | Monday to Friday 8.30 am - 5.00 pm |
| MOORABBIN | Moorabbin Hospital Pathology collection rooms 823 – 865 Centre Rd, East Bentleigh | 03 9928 8178 | Monday to Friday 8:00am – 5:00pm |
| PAKENHAM | Pakenham Centre Pathology collection rooms Henty Way, Pakenham | 03 5941 0526 | Monday to Friday 8.30 am - 5.00 pm Saturday 8.00am – 12.00 noon |
| SPRINGVALE | Greater Dandenong Community Health Service Pathology collection rooms 55 Buckingham Ave, Springvale | 03 8558 9012 | Monday to Friday 8:30am - 5:00pm |

PLEASE NOTE:

- OPENING TIMES ARE SUBJECT TO CHANGE. CONTACT THE CENTRE OR GO TO monashpathology.org FOR UP TO DATE DETAILS
- ALL COLLECTION CENTRES ARE CLOSED ON PUBLIC HOLIDAYS