

**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)

**VENESECTION PATIENT INSTRUCTIONS****PLEASE NOTE:**

- **VENESECTIONS ARE NOT PERFORMED AT ALL SITES, AND PATIENTS SHOULD CALL AHEAD TO CONFIRM BOOKING.**
- **OPENING TIMES ARE SUBJECT TO CHANGE. CONTACT THE CENTRE OR GO TO [www.monashpathology.org](http://www.monashpathology.org) FOR UP TO DATE DETAILS**
- **ALL COLLECTION CENTRES ARE CLOSED ON PUBLIC HOLIDAYS**

**For further information and enquiries please call 9594 9538**