

Patient Information on POST VENEPUNCTURE CARE



The collection of a blood specimen is a standard procedure carried out by trained phlebotomists. This is usually straightforward, however, a few patients may experience a post venepuncture complication.

The following simple precautions may help minimise possible bruising or discomfort.

- Apply continuous firm pressure to the venepuncture site for at least 3 minutes after the needle has been removed.
- Once the phlebotomist has determined that the site has clotted, a plaster is applied.
- Remove the plaster 15-30 minutes to avoid irritation to the skin.
- Once you have left the collection room, avoid carrying any heavy objects for at least one hour, eg: a bag or briefcase, or lift heavy objects with the arm, eg: grocery shopping or a small child.
- Avoid strenuous exercise for approximately 1 hour.
- In the rare even that blood starts to flow from the site, or a lump (haematoma) appears, apply firm pressure for 10-15 minutes. This should stop the bleeding. A few ice cubes wrapped in a towel or plastic bag, may also assist in reducing any swelling and bruising.
- If you are still concerned, either see your doctor or practice nurse, or return to the collection room.

Bruising and/or Haematoma

Bruising following a blood test is due to blood leaking from the hole in the vein into the surface tissue. Some people bruise easily. The application of firm pressure to the site for at least three minutes should help to prevent or minimise bruising. A small bruise will disappear in a few days and requires no attention.

On rare occasions, a lump (haematoma) may occur during the collection of a blood specimen. This is caused by the needle passing through the under side of the vein wall and blood seeping into the surrounding tissue. Firm pressure and ice should be applied for 10-15 minutes. The site may be tender and sometimes, the associated bruise may be quite extensive and last for about 10 days. There are no lasting side effects of a haematoma.

Pain

Some people experience discomfort or pain either during or following a blood test. The cause is unknown, but is thought to be associated with the nerves under the surface of the skin. You should inform the phlebotomist although there is no recognised treatment. If pain persists, consult either your GP or telephone a Diagnostic Medlab Pathologist on 571 4000 for advice.

Enquiries Phone 571- 4000