

# After Blood Collection

## Please let the collector know if:

- you have fainted during previous blood tests
- you feel anxious or unwell.

## Once the Blood Collection is Complete:

- Please leave dressing strip in place for 2-4 hours
- Avoid activities which may cause direct impact on the puncture site for 24 hours. If your skin is particularly thin, it may also be advisable to avoid activities which require energetic use of your arm (such as sports, digging or carrying heavy items) for 24 hours.

Rarely patients may experience some bleeding, swelling, discomfort or bruising. Should this occur the following steps are recommended:

- Bleeding at Needle Puncture Site
  - Apply firm pressure directly over the needle site and elevate the arm until bleeding stops.
- Discomfort or Swelling around Needle Puncture Site
  - Elevate the arm and apply an ice pack to the site. This will help reduce bruising.
- Excessive Bruising
  - Rest the arm. Apply ice pack to the area.

## Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

