

# Recommendations After Blood Collections

## Recommendations

1. Please leave dressing strip in place for 3 hours.
2. You should avoid tight or restrictive clothing on the arm for about 24 hours.
3. Avoid heavy lifting or strenuous use of the punctured arm for about 1-3 hours (e.g. sports, digging, ironing, carrying parcels, handbag or brief case)

Rarely, you may experience some bleeding, discomfort, swelling or bruising.

## The following steps are recommended:

### a) Bleeding at the needle site:

Apply firm pressure directly over the needle site and elevate the arm until the bleeding stops. Contact your doctor immediately if bleeding persists.

### b) Discomfort or swelling of the arm:

Elevate the arm, apply a cold compress on site ASAP and contact your treating doctor if discomfort or swelling persists.

### c) Excessive bruising:

Contact your treating doctor. Rest the arm as much as possible.

## 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.

