

Recommendations After Blood Collection

1. Leave dressing strip in place for 2 - 4 hours.
2. Avoid tight and restrictive clothing on the arm for about 24 hours.
3. Avoid activities which require active use of the arm for 24 hours, such as sports, digging, or carrying heavy parcels or a handbag.

Under normal circumstances, venepuncture (drawing of blood) is a simple procedure that rarely causes any side effects. However mild discomfort, swelling or bruising may occur in some circumstances.

Should any of these symptoms occur, the following steps are recommended:

- **Bleeding at needle site:**
Apply firm pressure directly over the needle site and elevate the arm until bleeding stops.
- **Discomfort or swelling around needle site:**
Rest the arm, elevate and apply an ice pack to the site.
- **Excessive bruising:**
Rest the arm, elevate and apply an ice pack to the site and affected 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.

