

Care After a Therapeutic Phlebotomy (Blood Draw)

Your Therapeutic Phlebotomy

You had blood drawn to treat a blood disorder. You may need to schedule this procedure on a regular basis. Talk with your health care provider about how often you will need to have this done.

Activity

- Do not smoke for at least 30 minutes after your procedure.
- Keep your bandage dry. You may remove your bandage 1 hour after your procedure.
- Rest quietly today. You may resume your everyday activities in 4 hours but do not do any heavy lifting (anything over 10 pounds) or vigorous exercise for the rest of the day.
- If your procedure site bleeds, raise your arm and apply firm pressure to the site for 5 to 10 minutes.
- If you have bleeding or bruising, apply a cold pack to the area for 15 to 20 minutes, 3 to 4 times a day.
- If you feel lightheaded or dizzy, lie down or sit with your head between your knees.

Diet

- Do not drink alcohol for 24 hours.
- Drink plenty of liquids and eat healthful foods.
- Instructions given: _____

When To Call Your Health Care Provider

Call your health care provider if you have:

- bleeding that does not stop after 10 minutes of applied pressure
- a large bruise develop at the procedure site
- feelings of lightheadedness or dizziness that does not go away
- nausea (upset stomach) or vomiting (throwing up)
- swelling, redness or soreness at the procedure site
- fatigue (feeling extremely tired)
- a fever
- questions or concerns.

When To Call 911 or Seek Emergency Help

Call 911 or go to the nearest hospital Emergency Department right away if you:

- pass out or faint
- have bleeding that won't stop
- have nausea or vomiting that won't stop
- have chest pain
- have problems breathing or fast breathing.

Do not drive yourself to a hospital Emergency Department. Have someone else drive you.