

Patient Information Sheet

Recommendations After Blood Collection



1. It is best to leave dressing strip in place for 2 hours.
2. You should avoid tight or restrictive clothing on the arm for about 24 hours.
3. Try to avoid strenuous use of the arm for about 24 hours (e.g. sports, digging, ironing, carrying parcels, handbag or briefcase).

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 bleeding stops.
- b) Discomfort or swelling of the arm –
Elevate the arm and contact the Collection Centre.
- c) Excessive bruising –
Contact your treating doctor. Rest the arm as much as possible.