

## **Phlebotomy Aftercare Leaflet**

### **Feeling dizzy or faint**

If you feel dizzy/ faint after the test, drink plenty of water and sit down for a while. If you can, arrange for someone to help you get home or back to work. Some people are prone to dizzy or fainting spells at the sight of the needle — if so, it is important to let the phlebotomist know.

### **Will it bruise?**

A small bruise or lump (haematoma) may develop after the blood test if there wasn't enough pressure applied when the needle was removed. This does not require treatment. Some health conditions may increase the risk of bruising:

- Medications such as Warfarin or Aspirin
- Conditions such as a bleeding disorder or low platelets (thrombocytopenia)
- Where it is difficult to locate the vein (e.g. Oedema—where the arm is swollen)
- Elderly patients

In order to reduce this risk as much as possible, please tell the person taking the blood if you have any such conditions or if you have previously experienced problems following venepuncture.

Applying firm pressure to the site until the bleeding has stopped should help to minimise any bruising.

If possible keep the arm slightly raised and avoid excessive movement of the arm, such as lifting or carrying heavy parcels, for an hour or so after the blood test.

Should you experience excessive bruising or prolonged bleeding, please continue to apply further firm pressure to the area. A few ice cubes wrapped in a towel may help reduce swelling and bruising.

### **Will I bleed excessively?**

You might bleed at the site where the blood is taken. This is more common in people who have problems with blood clotting and you will need to apply firm pressure on the site where the blood was taken for a short while. For a few hours after the test, try not to use that arm too much, keep it slightly elevated and avoid carrying or lifting anything heavy.

### **What happens to the blood samples?**

The samples are transported to the Northwick Park Hospital pathology laboratory each day and the results are sent to your GP Practice usually within 7-10 working days.

If you have any further questions about this procedure, please ask the phlebotomist or the person responsible for your care.

Please note that if you are NOT registered with Roxbourne Medical Centre then your results will be sent to your own GP. You should contact them for the results.

## **Useful Links**

NHS Website—blood tests

<https://www.nhs.uk/conditions/blood-tests/>

NHS Website—fainting

<https://www.nhs.uk/conditions/fainting/>

NHS Website—bruising

<https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-are-bruises/>

## **RESULTS**

**Please allow 7-10 working days before contacting the Practice for your results.**

**Roxbourne patients should submit their requests for results via Klinik Access**

If you are NOT registered with Roxbourne Medical Centre then your results will be sent to your own GP.