

PATIENT INSTRUCTIONS

Post Venepuncture Care

After your blood test

- Take care of your arm – avoid lifting, carrying or exertion for the next hour
- Any bleeding / stinging – apply pressure for 10 minutes. If bruising or swelling – apply ice-pack for 20 minutes
- Remove band aid / dressing after bleeding stops or 1hour later

For any queries, contact the Nurse Unit Manager on 02 4921 3573