



Following Your Blood Test

Under normal circumstances, venepuncture (drawing of blood) is a simple procedure that rarely causes any side effects.

Mild discomfort or the appearance of a bruise may occur in some circumstances. Bruising will normally resolve within a few days. If you are concerned, please contact us as soon as possible on 9287 7700.

Simple precautions you should take following your blood test are:

- For the rest of the day, avoid heavy lifting involving the arm used for your blood test.
- Leave the tape or the bandage on your collection site for 1 – 2 hours only.
- Avoid placing the strap of your handbag or shopping bag over the venepuncture site that day.
- Wear clothes with loose fitting sleeves for the rest of the day.
- Should bleeding at the site occur, apply firm pressure with a finger. Keep pressure on the site for a few minutes.