

## Aftercare Following Blood Tests

To reduce the likelihood of side effects such as bleeding, discomfort, swelling, or bruising, please follow these simple precautions:

### Within the first hour:

- Leave the dressing strip in place for 30 minutes to an hour.

### For the rest of the day:

- Avoid wearing tight or restrictive clothing on the arm.
- If bleeding occurs, apply firm pressure with your fingers directly over the needle site.
- Avoid strenuous use of the arm, such as sports or heavy lifting, pushing or pulling.
- If you have discomfort or swelling of the arm, elevate your arm and place ice over the site for 10 minutes. Rest the arm as much as possible.

*Please see the reverse of flyer for additional information.*

# Caring for You After a Blood Test

Under regular circumstances, getting a blood test (venepuncture) is a straightforward procedure with minimal side effects. Some people may experience mild discomfort or notice a bruise, which typically resolves within a few days.

**In general, there are 3 possible types of complications arising from having a blood test:**

## **1. Feeling Dizzy or Fainting**

This happens to fewer than 4 out of every 100 people and can be prevented by asking to lie down when you have a blood test and ensuring you have had plenty to drink (water) beforehand. Talk to the collector if you are worried about feeling faint.

## **2. Pain and Bruising**

Around 1 in 7 people might get a bruise after the blood test. More women than men might experience this because women tend to have narrower veins. If you are currently taking blood-thinning medication, the bruising might be worse. Let the collector know if you are taking blood-thinning medication. Ensure you apply firm pressure to the needle site for a few minutes afterward. After the blood test, do not use your arm to carry heavy objects or to pull or push equipment (e.g. shopping trolleys).

## **3. Nerve Injuries**

These are extremely rare. While problems can occur, serious nerve injuries are exceptionally rare, especially during routine blood tests.

If you experience any problems after your blood test, check in with the doctor who ordered your test, or feel free to email us at [feedback@clinicallabs.com.au](mailto:feedback@clinicallabs.com.au) so we can get back to you with advice.