

Venesection

Your doctor has requested a venesection. This involves giving up to 450ml of blood. As this procedure is only performed at select collection centres under the supervision of a doctor you will need to contact TML Pathology to make an appointment.

HOW TO PREPARE FOR YOUR TEST

- Continue taking your medication as usual, unless specified otherwise by your doctor.
- Drink plenty of fluids the day before, especially in warm weather. Have at least 2 large glasses of water before the test.
- Eat something salty in the 24 hours before. Increasing your salt intake will help you restore your blood volume more rapidly after your test.

WHAT TO EXPECT

- You may be asked some personal details during the testing including your height and weight.

- During the test you will be lying down.
- You may feel a slight pinching when the needle is inserted but otherwise should not feel any discomfort.
- The procedure lasts about 10 minutes.

AFTER YOUR TEST

After your test is finished, rest for at least 10-15 minutes. You should drink fluids during this time and have something to eat within the next hour to ensure a quick recovery. Avoid smoking for at least 2 hours afterward and avoid drinking alcohol for at least 8 hours.

Leave the bandage on for several hours.



Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.

**FOR COLLECTION CENTRES &
OPENING HRS: TMLPATH.COM.AU**