

# 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 QML 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.

### Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

