

Blood Collection (Venipuncture)

Patient Information Sheet

A small percentage of patients bruise after blood has been taken. This is due to blood leakage under the skin and is not dangerous.

Please follow these instructions

1. After the needle has been removed press **FIRMLY** on the cotton wool for 1 - 2 minutes.
2. Leave the dressing in place for 30 - 60 minutes.
3. Bruising may be caused or made worse by tight clothing around the arm, heavy lifting or rapid movements of the arm.
4. Should further bleeding or swelling occur, apply pressure with your thumb and raise the arm (for approximately 5 minutes).
5. Bruising normally fades in a few days.

Should bruising cover a large area, or become painful, please contact the Specimen Collection Supervisor or Senior Staff at the specimen collection centre you attended or the Practice Manager.