

PATIENT INSTRUCTIONS – POST THERAPEUTIC PHLEBOTOMY CARE

1. Drink more fluids than usual in the next four (4) hours.
2. Remove the bandage after a few hours.
3. Do not smoke for at least 30 minutes.
4. Do not resume normal physical activity until at least 30 minutes after the procedure and if you feel well.
5. If there is bleeding from the phlebotomy site, raise your arm and apply pressure.
6. If you feel faint or dizzy, either lie down or sit down with your head between your knees.
7. If any symptoms persist, see your physician.