

## Recommendations After Blood Collections

1. Please leave dressing strip in place for 3 hours.
2. You should avoid tight or restrictive clothing on the arm for about 24 hours.
3. Avoid heavy lifting or strenuous use of the punctured arm for about 1 hour  
(e.g. sports, digging, ironing, carrying parcels, handbag or brief case)

Rarely, you may experience some bleeding, discomfort, swelling or bruising.

The following steps are recommended:

**a) Bleeding at the needle site:**

Apply firm pressure directly over the needle site and elevate the arm until the bleeding stops. Contact your doctor immediately if bleeding persists.

**b) Discomfort or swelling of the arm -**

Elevate the arm, apply a cold compress on site ASAP and contact your treating doctor if discomfort or swelling persists.

**c) Excessive bruising:**

Contact your treating doctor. Rest the arm as much as possible.