

Venesection is a procedure where blood (up to 500 mls) is collected for treatment of various haematological/blood disorders such as haemochromatosis, polycythaemia and porphyria cutanea tarda.

Appointments must be booked and the procedure can only be performed at selected collection centres co-located within a hospital.

SA Pathology requires trained and competent staff to perform this procedure as they possess the required clinical knowledge of the disorders that are treated by venesection.

### Pre Collection

The day before your procedure:

- Drink plenty of water.  
Your blood volume goes down a little after the collection.
- Avoid rigorous exercise
- You do not need to fast for this procedure.  
It is recommended that you eat prior to your appointment.

Three hours prior to your procedure:

- Drink two large glasses of water

You will need to drink another two glasses when you arrive for your appointment.

### Post (after) Collection

- Avoid smoking for at least 30 minutes
- Over the next 6 hours drink at least another three good sized glasses of water
- Avoid strenuous exercise like riding, jogging or the gym
- Avoid standing for long periods
- Stay cool, try not to overheat and avoid hot drinks
- Avoid alcohol for at least 8 hours.

If you experience any of the following contact us or your GP

- Bleeding
- Fever
- Redness at the site
- Smelly discharge from the site
- You feel significantly unwell in any way.



### Appointment details

To book call SA Pathology on 8222 3000.

Date \_\_\_\_\_

Time \_\_\_\_\_

### Patient Centres

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.



This document has been reviewed and endorsed by SQCAG\* for consumers and the community – June 2019.

\*SA Health Safety and Quality Community Advisory Group