

Patient Information

Venesection

What is venesection?

Venesection is the process of withdrawing blood from a vein for blood donation or therapeutic bloodletting. The blood is taken in exactly the same way as if you were giving blood at the Blood Transfusion Service. Your blood is being taken for therapeutic purposes and will be discarded and never reused.

Patients receive this treatment if they have either:

1. Too much iron in the blood which can damage their livers or;
2. Too many cells in the blood and are at risk of blood clots (because the ratio of cells to fluid in the blood stream is wrong).

What you can do beforehand

- Have a good breakfast.
- Drink plenty of fluids before arriving for your appointment.

What we will do beforehand

Your blood sample will be checked in advance to make sure you need to be venesected.

After your venesection

- Rest immediately for 10 to 15 minutes.
- Have a drink afterwards, even if you have had intravenous replacement fluid.
- Keep an eye on your puncture site for bleeding or swelling.
- Avoid heavy physical activity for 24 hours after venesection.
- If you feel tired, act on what your body needs and take a rest.
- If you have difficulties with treatment, contact through Switchboard
 - McCartney Unit (Conquest Hospital)
 - Pevensey Ward or General Outpatients (Eastbourne DGH)

Sources of information

This leaflet is based on information from the Haemochromatosis Society information booklet who has given their permission for it to be reproduced.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

Patient Information

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Conquest Hospital

Email: palsh@esht.nhs.uk - Telephone: **01424 758090**

Eastbourne District General Hospital

Email: palse@esht.nhs.uk - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Consultant Haematologists: Dr Judy Beard, Dr Richard Grace and Dr Satyajit Sahu
Unit Manager McCartney Unit and Pevensey Ward: Jean Baulcomb
Sisters: Nicky Booth and Ruth Hunt

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Responsible clinician: Ruth Hunt