

Patient Information - Blood Test Centre

Having a blood test is a simple procedure, but there are sometimes side effects, such as bruising. This can be a normal development and is no cause for concern.

Prior to your blood test, please inform staff of any of the following:

- If you are on anticoagulants.
- If you have a history of bleeding.
- If you have a walking stick.
- If you have fainted during previous blood tests.

To help prevent any side effects, please follow the guidelines below:

- Let your venepuncture site clot completely to minimise excessive bleeding or bruising. It may be necessary to wait in the waiting room for an extra 5 minutes while this happens.
- Leave the dressing in place for 2-4 hours.
- Avoid strenuous activities for several hours as the site may remain fragile and start bleeding especially in warm weather, for example:
 - Walking briskly or running
 - Carrying heavy items or lifting children
 - Heavy labour

Bleeding and Bruising:

If you start bleeding, apply pressure to the site and raise the arm until the bleeding stops.

If your arm becomes uncomfortable or swollen, then raise the arm and apply an ice pack to the site – this will help to reduce bruising.

If you develop any of these side effects and are concerned – please do not hesitate to notify the Blood Test Centre or contact your GP.

For a full list of the Christchurch collection centres and their opening hours please visit: **www.bloodtest.co.nz** or contact **0800 THE LAB (843522) ext. 86647**

Ashburton: CHLabs, Ashburton Hospital, Elizabeth Street. **Phone: 03 307 8456 or email: ashlab@cdhb.health.nz**