



POST THERAPEUTIC PHLEBOTOMY INSTRUCTIONS

1. Do not leave until released by the phlebotomist.
2. Drink more fluids than usual in the next 4 to 48 hours. Avoid soda and caffeinated drinks for 24 hours.
3. It is better not to have alcohol until you have eaten and for 4 hours post-phlebotomy.
4. Do not smoke for at least a half hour.
5. If there is bleeding from the puncture site, raise arm and apply pressure.
6. For bruising or hematoma at puncture site, apply ice.
7. If you feel faint or dizzy, either lie down or sit down with your head between your knees.
8. If any symptoms persist, call your doctor or go to the Emergency Room.
9. Remove the bandage after a few hours.