

Post-Discharge

Post-Discharge you should:

- keep an eye on dressing for bleeding or unusual swelling or pain.
- avoid carrying heavy objects with affected arm for 24 hours.
- eat regular meals and increase fluid intake, especially in hot weather.

For further information

For further information contact:

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Day Hospital

Venesection

What you can expect



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Information for patients and carers

Venesection is a simple procedure which involves the removal of a prescribed volume of blood - typically 450 millilitres (mls). It is the same procedure as when you donate blood.

There are two possible reasons a person requires Venesection. This could be that:

- your blood is too thick
- you have iron overload.

Conditions Requiring Venesection

Genetic Haemochromatosis

For this condition, initial venesection therapy is provided weekly until your ferritin level is reduced to between 50mcg/l – 100mcg/l. This can take many months dependent on initial ferritin level.

Weekly venesections are known as the de-ironing phase. After de-ironing maintenance venesections begin to keep your ferritin level acceptable. Typically maintenance requires 2-4 venesections a year.

Polycythaemia Vera

Individuals with this condition may be managed with Venesections alone, or in combination with medication. Staff are guided by the Haematology team for this condition.

Porphyria Cutanea Cutardia

A rare genetic disorder, the aim of Venesection is to reduce the ferritin to the lower limit of normal.

Transfusion Related Iron Overload

Individuals with this condition can become iron overloaded as a result of having multiple blood transfusions during chemotherapy treatment.

Procedure For Venesection

Pre-Venesection

During Pre-Venesection, you will receive regular blood tests and your results are checked prior to Venesection.

For this, you will be asked to lie on a couch/ recliner and your vital signs recorded pre-venesection. A tourniquet will be used and put in place.

Helpful Hints:

- Drink lots of water and fluids (not alcohol) before your appointment time. Having an increased fluid intake assists you having a better flow of blood.
- Pump up your cardiovascular system before treatment. You can do this though vigorous exercise such as a brisk walk or climbing a flight of stairs.

Venesection

For the Venesection you will have a needle inserted into a vein in your arm. Blood will

collect from the needle into a tube, and be collected into a collection bag.

The amount of time it takes to remove a unit of blood varies as this depends on your veins and consistency of blood.

Post-Venesection

Once a unit of blood is taken, the tourniquet will be released and removed, the needle site swabbed, and then firm pressure will be applied to the needle site for at least five minutes.

You should remain sitting down after the procedure, before slowly standing up and then you should rest for at least 15 minutes. During this time you will be offered a drink and biscuits.

Your vital signs will be recorded after the procedure before you go home. Please ensure that you receive a follow-up appointment before you leave the hospital.

Please note: You are advised to refrain from driving after having your first two venesections.