# Venesection

## Patient Information

**Your Doctor has asked you to have a venesection procedure.**
A venesection is a medical procedure in which a controlled amount of blood is removed from a vein.

Venesections are performed **by appointment only** at select Austin Pathology collection centres during specified hours. Please refer to the *For Patients* section of the Austin Pathology website for location and timing details.

### Preparing for Your Appointment

- **Referral:** You must bring a valid request form. Referrals are accepted for up to 6 months from the date of issue.
- **Hydration and Food:** Drink plenty of water and have a meal before your appointment.

### During the Procedure

- **Duration:** The procedure will take approximately 1 hour.
- **Pre-venepuncture Assessment:** Before the venesection your blood pressure and haemoglobin level will be checked to confirm it is safe to proceed.
- **Blood Collection:** Staff will remove a prescribed amount of blood through a vein in your arm.

### Following the Procedure

- You will be asked to rest after the procedure.
- Light refreshments, including a drink and a biscuit will be provided.
- Your blood pressure will be checked again before you leave.

### Aftercare

- Rest for the remainder of the day.
- Stay well-hydrated.
- Avoid heavy lifting, or strenuous exercise.
- If you experience dizziness, fainting, excessive bleeding, or have any concerns after your venesections please seek medical advice.

www.austinpathology.org.au | 03 9496 5472

For Collection Centre Locations
please visit our website:
www.austinpathology.org.au/collection-centres