

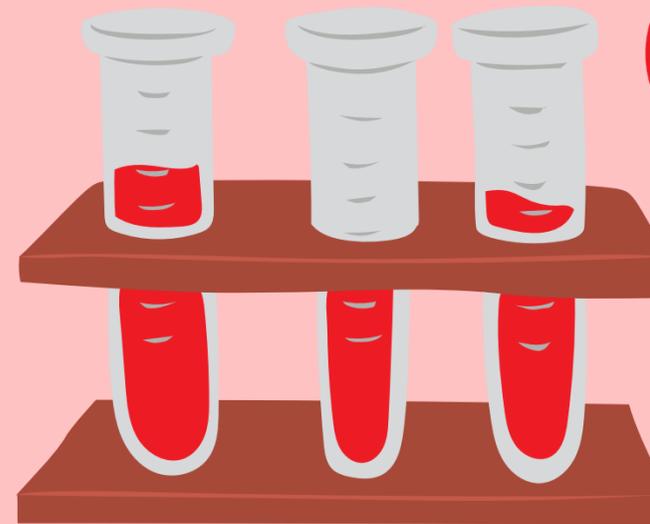


The **Do's** and **Don'ts** of Your Bloodwork



Do Before Blood Collection

- Tell the phlebotomist if you're on blood thinners.
- Stay hydrated by drinking water.



Don't Before Blood Collection

- Don't pull away suddenly.
- Don't skip water while fasting.
- Don't bend or fold your arm.
- Don't pump your fist excessively (it alters results).
- Don't release your fist before the needle is inserted.

Do After Blood Collection

- 
- Apply firm pressure (2-5 min).
 - Keep the bandage on (for a couple of hours).
 - Use a cold compress if bruising occurs.
 - Move your arm normally.
 - Avoid heavy lifting/strenuous activity for the rest of the day.
 - Contact your provider if you notice:
 - a. Bruising that is large or worsening.
 - b. Numbness or tingling.
 - c. Redness, warmth, or pus.

Don't After Blood Collection

- 
- Don't remove the bandage immediately.
 - Don't rub or massage the site.
 - Don't wear tight sleeves over the puncture site.
 - Don't lift heavy objects for the rest of the day.



**MEDICAL LABORATORIES
OF WINDSOR LTD.**