

## POST THERAPEUTIC PHEBOTOMY INSTRUCTIONS

1. Do not leave until released by the Infusion Nurse.
  2. Drink more fluids than usual for the next 4 – 48 hours. Avoid soda and caffeinated drinks for 24 hours.
  3. Avoid consuming alcoholic beverages until you have eaten and for 4 hours post-phlebotomy.
  4. No smoking for at least 1 hour.
  5. If there is bleeding from the puncture site, raise the arm and apply pressure.
  6. For bruising or hematoma (large hard bruise) at the puncture site, apply ice for 20 minutes and then off for 20 minutes. Make sure there is a towel between the ice and your skin.
  7. If you feel faint or dizzy, either lie down or sit down with your head between your knees.
  8. If your symptoms persist, call your doctor, or go to the nearest Emergency Room.
  9. Remove the bandage in 4 hours.
- Thank you for using the Infusion Center. If you have any questions, you can call us at 520-432-6417. If there is no answer, please try 520-432-6511 and speak with a nurse at the nurses station.

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Copper Queen Community Hospital

