

Haematology – Venesection Programme

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the Procedure level guidance appropriate for your condition.

You have been referred to start on our venesection programme

Before the day;

- You will need to ensure that you have had a blood test before the appointment (Haemchromatosis-within 6 weeks, polycythemia-within 3 weeks)
- You will need to ensure that you are well to attend the appointment
- You will need to ensure that you have had a food and drink before attending

On the day;

- Your blood pressure will be taken on arrival to the department
- Your nurse will ask for verbal consent before proceeding
- Your nurse will assess your veins to ensure that the most suitable one is used
- Your nurse will use a local numb spray to the area
- A cuff will be placed around your arm as a tourniquet
- A needle will be inserted to drain up to 450mls of blood depending on how good the access has been
- A gauze and tourniquet will be applied for at least 20 minutes post
- A dressing will be applied
- You will either be given an appointment for another venesection if needed or be informed that you will need another blood test

My Planned Care Patient Information Platform

Guidance for Patients

Things to be aware of;

- There is a risk of bleeding and bruising to the area
- If the site starts to bleed profusely once you have left the department put pressure on the site and return to the area
- You will be asked to go to area k for a blood test which can be booked on the website www.swiftqueue.co.uk or at your GP surgery, you will be responsible for the booking of these appointments

After the procedure

- Leave the dressing on the site for at least 24 hours and kept dry

Good Mental Health

The NHS website link provides guidance on the important of good mental health and how you can do to improve your mental health. [Mental health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

This may include talking therapies such as cognitive behavioural therapies (CBT) counselling, other therapies, and guided self-help.

Contact Us

Haematology Outpatient Department: 01604 545031