

## **A Patient's Guide for Therapeutic Phlebotomy at Pembroke Regional Hospital**

Therapeutic phlebotomy is a treatment that removes a set amount of blood from your body. It is used when a person has too many red blood cells or too much iron in their blood. It is like giving blood, but the blood removed is discarded. This treatment can help lower the risk of serious problems like stroke, heart problems, or organ damage.

### Before Your Therapeutic Phlebotomy

- Eat a meal or snack before your appointment.
- Drink fluids before your appointment.
- Take your regular medicines unless your doctor tells you not to.
- You may want to bring someone who can drive you home if needed.
- Your nurse will check your blood pressure, pulse, and ask how you are feeling

### After Your Therapeutic Phlebotomy

- After the lab technologist finishes your treatment, the nurse will ask how you are feeling, and if you are having any symptoms.
- The nurse will check your blood pressure and pulse again after 20 minutes. This helps make sure you are ready to go home.
- Avoid hard activity for the rest of the day, if it is not part of your normal routine.
- If you exercise often, you may want to do a shorter or easier workout.
- Eat as you normally would. Drink extra fluids, especially during the next 24 hours.
- Do not drink alcohol or smoke right after your treatment.
- Your body needs a few hours to adjust after blood is removed. Some people may feel dizzy or faint.
- If you feel dizzy or faint, sit down and put your head between your knees. You can also lie down and raise your feet.
- Keep the bandage on for a few hours. Lifting or stretching too soon may cause bruising or bleeding. If this happens, press firmly on the area for 15 minutes.

**If you have concerns, go to the nearest Emergency Department or call your health-care provider's office.**

### **Disclaimer**

This handout gives general information only. It is not personalized medical advice. Your health-care provider will decide how much blood is removed and how often you need treatment. Some information may not apply to you. Please ask your provider if you have questions.