



BARRATT & SMITH
PATHOLOGY

"We take it personally"



**DOUGLASS
HANLY MOIR**
PATHOLOGY

"We take it personally"

INSTRUCTIONS FOR POST BLOOD COLLECTION

FOR THE REST OF THE DAY

1. Rest your arm.
2. Do not lift anything heavy.
3. Do not wear tight or restrictive clothing above or around puncture site.
4. Avoid strenuous activities or exercise.
5. Avoid carrying heavy objects or parcels.

Note:

A few people do bruise easily after blood tests. This is unavoidable. By following the above instructions carefully you will minimise any bruising that may occur.

If, however, you experience any swelling or extensive bruising, please seek medical advice.

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