



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 the puncture site
- 4) Avoid strenuous activities or exercise
- 5) Avoid carrying heavy objects or parcels

A few people do bruise easily after blood tests. This is unavoidable. By following these instructions carefully you will minimise any bruising that may occur. If, however, you experience any swelling or extensive bruising, please seek medical advice.