

Therapeutic Venesection - Patient Information Sheet

What is a therapeutic venesection?

Is a medical procedure where a certain amount of blood is removed from the body to treat specific conditions.

It's like donating blood, but it's done to improve health rather than just collect blood.

It's often used to manage conditions like:

- **Haemachromatosis** (too much iron in the blood).
- **Polycythaemia** (too many red blood cells).

Why is it done?

This procedure is used to treat conditions that involve having too much of something in your blood, such as:

Removing blood helps:

- Reduce iron levels or blood thickness.
- Prevent complications like organ damage or blood clots.

What to expect during the procedure

1. **Preparation:** You'll sit or lie down comfortably. A trained phlebotomist will explain the procedure and ensure you're relaxed.
2. **Blood Removal:** A needle is inserted into a vein, usually in your arm. Blood is drawn into a sterile bag or container. The amount removed will depend on your condition and your doctor's advice.
3. **Aftercare:** Once the procedure is complete, the needle is removed, a pressure bandage is applied. You may be asked to rest for a few minutes and have a drink of water.

How long does it take?

The procedure usually takes about 20–30 minutes, but plan for an hour to include preparation and aftercare.

Before your appointment

- Drink plenty of water to stay hydrated.
- Eat a light meal to avoid feeling faint.
- Wear loose, comfortable clothing, preferably with short sleeves.

After your appointment

- Avoid heavy lifting or strenuous activities for the rest of the day.
- Stay hydrated and eat a healthy meal.
- Let your healthcare provider know if you feel unwell or experience unusual symptoms.

Who performs the procedure?

The procedure is carried out by trained phlebotomists in a safe and sterile environment.