Therapeutic Venesection
Patient Guide

Therapeutic venesection is a procedure similar to donating blood. It is performed as part of your medical treatment and has been requested by your doctor.

Why this procedure is performed

- To reduce iron levels in the body for conditions such as haemochromatosis
- To reduce the thickness of the blood in conditions such as polycythaemia

Before your appointment (How to prepare)

- Eat a good breakfast on the morning of your venesection
- Drink plenty of fluids (preferably water) at least one hour before your appointment
- **DO NOT** fast before the procedure
- Wear loose, comfortable clothing that allows easy access to your arm

What happens during the procedure

- The collector will ask health-related questions and obtain your written consent
- If there are any concerns about your health or blood pressure, you may be referred back to your doctor
- A needle will be inserted into a vein in your arm and connected to a blood collection bag
- Up to 450 mL of blood may be removed
- The procedure usually takes 15–20 minutes

Patient instructions for venesection - Version: 1.2. Index: SOP-4CYTE-COL-89. Printed: 09-Feb-2026 13:09

4Cyte Pathology Pty Ltd
ACN 619 244 852
1 Lucknow Road, North Ryde NSW 2113
3/796 High Street, Kew East VIC 3102
39 Navigator Place, Hendra QLD 4011
www.4cyte.com.au

Is the procedure safe?

Therapeutic venesection is generally safe. Some people may experience temporary dizziness, light-headedness, anxiety, or faintness while the body adjusts to the removal of blood.

If you feel unwell at any time, please inform the collector immediately. You may be asked to remain lying down for a short period, and drinking fluids can help replace lost volume.

- Bruising or bleeding at the needle site may occur and is usually minimised by applying pressure after removal
- Very rarely, infection or nerve irritation may occur at the needle site

After the procedure (Important instructions)

- Leave the compression dressing in place for at least 30 minutes
- Avoid strenuous exercise and heavy lifting for 24 hours
- Continue drinking plenty of fluids for the rest of the day

When to seek medical advice

Contact your doctor if you experience fever, ongoing bleeding, redness or swelling at the venesection site, or if you feel unwell at any time after the procedure.

After the test

Follow any additional instructions provided by your doctor regarding future venesection appointments or monitoring.

Patient instructions for venesection - Version: 1.2. Index: SOP-4CYTE-COL-89. Printed: 09-Feb-2026 13:09