

# Therapeutic Venesection

You have been referred to our service for therapeutic venesection. This is the simplest and quickest way of reducing the excessive amount of iron in your blood. This will be done by removing up to 500mls of blood at a time and it is similar to blood donation.

## How frequent will this be required?

This is variable and different for each person.

While you are undergoing venesection treatment you will need to have regular blood tests, to check your iron stores, haemoglobin and haematocrit. This is important to assess your response and determine the frequency needed.

At the beginning you may need to have a venesection treatment weekly or fortnightly. However, once target level has been achieved, you may need it less frequently depending on your condition and treatment response.

## How is a venesection done?

Before starting the venesection, the procedure will be explained to you by our trained staff. Please ask any questions you may have.

You will be asked to lie on a bed and a tourniquet is applied to your arm. The needle, which is fixed to the blood collection bag, is inserted into the large vein in the front of your elbow. The process takes about 15 -30 minutes.

## Is it a safe procedure?

It is the responsibility of your doctor to assess your suitability to commence venesection.

In every visit, our staff will ask you standard questions about your current health and how you tolerated your last session before commencing the procedure.

If you are taking warfarin, diuretics, or blood pressure medication, please discuss with your referring doctor prior to your appointment.

On the day of procedure, please ensure you eat normally, drink extra fluids and take your regular medications, unless your doctor advises you not to.

Occasionally patients may need to have their venesection treatment postponed or cancelled depending on their general health or their response to treatment.

**Please see overleaf.**

Venesection is generally safe, but may have side effects such as bruising, dizziness, blood pressure drop, fainting, vasovagal syncope, venous scarring, infection at the site of needle puncture or rarely nerve injury. All these risks are minimized by having trained, experienced staff and patient co-operation.

Please tell staff immediately of any symptoms of dizziness, swelling, pain or pins and needles in your arm.

### After the Procedure

Please leave the compression bandage intact for approximately 30 minutes and avoid vigorous exercise or heavy lifting using that arm for a few hours.

If you developed a reaction after leaving the collection centre, please seek medical advice and inform our staff at your next visit.

**If you require further information regarding your test procedure, please visit [awanuilabs.co.nz](https://awanuilabs.co.nz) and select your region**