

Patient Education: Venipuncture

- Venipuncture is done to obtain a blood sample for laboratory analysis.
- Keep the Band-Aid or cotton ball on the puncture site for at least 15 minutes to ensure the site stops bleeding.
- Do not rub the site as this can increase the risk of continued bleeding and bruising.
- If the site starts to bleed again, apply firm pressure for another 5-10 minutes or until the bleeding has stopped.
- Avoid lifting heavy objects with the arm for at least 2 hours.
- You may have a small bruise at the puncture site that will resolve over the next few days.
- If you experience continued bleeding from the puncture site, severe bruising, tingling in the arm and/or painful swelling, return to the clinic or seek care from another health care provider.
- Follow-up with your health care provider in _____ week(s) to review your results.

