

## Therapeutic Phlebotomy Treatment

Therapeutic phlebotomy treatment removes blood to treat a medical problem. The treatment looks similar to donating blood. Your treatment team can tell you how much blood we remove or how often you should have the treatment.

### During the Treatment

You will sit in a chair for the treatment. To begin, we will place a needle in your arm for any labs and to collect your blood. After we collect the amount that your doctor ordered, we will remove the needle and put a pressure bandage on your arm. Afterward, we will give you a snack and have you rest until it is safe to leave. We will take your vital signs and make sure you feel ready to go home.

Your nurse will check on you regularly, but you will have a button to call for assistance. Let your nurse know right away if you feel lightheaded or sick.

### After the Treatment

After you complete your treatment:

- Leave the bandage on for 3 to 6 hours after you leave. This helps stop bleeding, bruising, or swelling.
- Avoid exercise or other activities that strain your arm for 24 hours.
- Drink at least 8 glasses of fluids throughout the day. Avoid alcohol and caffeine.
- Avoid tobacco for at least one hour.
- Take care to not stand or sit up too quickly.
- Avoid hot baths and hot tubs for the rest of the day.

If the site bleeds after removing the bandage, place pressure on the site with some gauze or clean cloth for about 5 minutes. If bleeding does not stop after 10 minutes of pressure, call your doctor.

To help with soreness or bruising, place a cold pack on the site for 10 to 15 minutes. Repeat as needed. The soreness should go away after 2-3 days. Bruising may spread around the needle site and go away after 10 days.

If you feel lightheaded or dizzy, lie or sit down. Drink some fluids and rest. You should feel better the next day.

### Questions?

Contact your cancer care team via MyChart or call

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In an emergency, call 911 or go to your closest emergency department.