



**University
Hospitals Sussex**
NHS Foundation Trust

Venesection diary

Haematology

Patient information

Name _____

Hospital number _____

NHS number _____

Clinic Phone Extension _____

Why have I been given this diary?

You have been given this diary so that you can fill it in with the Haemoglobin (HB), Serum Ferritin (SF), and Haematocrit (HCT) levels in your blood after each venesection. You can compare this to your target figures.

Your haematology consultant will tell you what your venesection target figures are.

Your haematology consultant is Dr. _____

	Initial	Target
Haemoglobin (HB)		
Serum Ferritin (SF)		
Haematocrit (HCT)		

Haemoglobin (all patients having a venesection)

Every time you have a venesection, you will have a full blood count including haemoglobin. This is so that the team looking after you can monitor your medical condition. Sometimes after a venesection you can have a drop in haemoglobin that causes anaemia.

If your levels drop below 115 for women and 135 for men, your treatment would usually be stopped until it rises again.

Serum ferritin (haemochromatosis and transfusion iron overload patients)

Serum Ferritin may fluctuate up and down during venesection treatment. This is normal while reducing the storage of iron from within the body.

Serum Ferritin may also increase if you have an infection or inflammation. This may not indicate increased storage of iron.

Haematocrit (polycythaemia and erythrocytosis patients)

Full blood counts including haematocrit (HCT) is a simple blood test that measures the percentage of red blood cells in your blood. Red blood cells are important because they carry oxygen throughout your body.

A higher haematocrit can increase risk of blood clots, so a venesection reduces this to protect against thrombosis.

Your target level will vary depending on your underlying diagnosis.

Please make sure that you eat a good breakfast and drink plenty of fluids on the morning of your venesection.

Date	Amount	HB	Ferritin	HCT	Comments

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Date	Amount	HB	Ferritin	HCT	Comments

Hints and tips: keeping well before and after your venesection

Before the venesection

- Have a well-balanced diet, regular meals and plenty of fluids.
- Drink lots of fluid (not alcohol) before your appointment. This will assist with blood flow. You can start this about six hours before your Venesection appointment.
- If veins are difficult to access, using a heat pad may help. The nurse doing the venesection procedure can provide this for you.
- Some exercise before your venesection can help with blood flow. This could be a brisk walk for 10 to 15 minutes or climbing the stairs.

After the venesection

- Rest immediately for at least 15 minutes.
- Avoid smoking and alcohol for at least an hour.
- Avoid lifting and carrying for 24 hours.
- Wait 24 hours before vigorous sport, exercise or heavy work.
- Watch out for bleeding, unusual swelling and pain from the arm on which the venesection was performed.
- If your haemoglobin levels drop below 115 for women and 135 for men treatment would usually be stopped until it rises again. A nurse will telephone you with your results and let you know when to come back in for a blood test to re-check your levels.

Why is it important to drink plenty of fluids after my venesection?

Between 200 and 450ml of blood (approximately a pint) is usually taken at each venesection. This will be replaced by your body in 24 to 96 hours if you drink plenty of fluids, which can include tea, coffee and soft drinks.

Where can I get further information or advice if I need it after I have read this information?

Please speak to your doctor at your next appointment.

Do not hesitate to ask if you have any questions or worries or would like more information about the condition you have or venesection. We will be more than happy to help.

It may help to make a note of any questions that you want to ask.

Princess Royal Hospital

Haywards Heath

Haematology-Oncology Day Unit, Hurstwood Park.

Phone **01444 441881 Ext. 65702**

Monday to Friday 8:30 am to 5:30 pm

Royal Sussex County Hospital

Brighton, Haematology Day Unit.

Phone **01273 696 955 Ext. 67413**

Monday to Friday 8:30 am to 4:30 pm

Worthing Hospital

Worthing, Amberley Unit.

Phone **01903 205111 Ext. 85502**

Monday to Friday 8:30 am to 6:30 pm

St Richard's Hospital

Chichester, Fernhurst Centre.

Phone **01243 788122 Ext. 35166**

Monday to Friday 8:30 am to 5:00 pm

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