

Autologous Blood Donation

INSTRUCTIONS – PRIOR TO YOUR APPOINTMENT

- Aim to drink 1 – 1 ½ litres of water and have a substantial meal. This assists both in the collection process and your recovery. Avoid alcohol and keep tea and coffee intake to a minimum.
- If you are feeling unwell eg flu, call the clinic to discuss rescheduling your collection.
- Bring a driver to your first visit if possible.
- Please bring your medical history and medication list on your first visit.

FOLLOWING THE PROCEDURE

- Eat and drink well, this will help to replace lost fluid.
- Leave the pressure pad in place for at least 4 hours – avoid wetting the pad as it may become difficult to remove.
- For about 24 hours after collection:
 - Avoid tight or restrictive clothing on the arm
 - Avoid strenuous use of the arm (eg sport, digging, ironing, carrying heavy items)
- Rest as is necessary. Do not over exert yourself for the next couple of days.
- Limit your alcohol intake for 24 hours after collection, as alcohol can cause dehydration.
- There are some occupational and recreational activities which should be delayed for a minimum period after venesection. These include piloting, fire fighting, police work, operating cranes, steeplejacks driving of heavy/public transport vehicles, sky diving and scuba diving. Please discuss this with our staff if this may affect you.

IF YOU EXPERIENCE

- Bleeding at the needle site – apply firm pressure and elevate your arm until bleeding stops
- Discomfort or swelling of the arm – elevate your arm and contact Clinpath or your own doctor.
- Excessive bruising – rest your arm as much as possible and contact Clinpath or your own doctor.

For further information please contact the Autologous Clinic
between the hours of 8.30am to 5.00pm Monday to Friday on
(08) 8366 2087