



# WHAT TO EXPECT

## With your Venipuncture (Blood Draw) Health Screening

While symptoms and side effects are rare following a venipuncture draw, if at any time you feel it is necessary, please seek appropriate medical attention.

If you have any additional questions before or after your wellness screening, please feel free to ask to ensure your question is answered promptly and appropriately.

### Symptoms that may be experienced following your venipuncture draw:

- Bruising at the site of puncture
- Fainting, other vasovagal symptoms such as dizziness—*Please let the health professional know if you have experienced this with blood draws before, so appropriate precautionary measures can be taken.*
- Nausea, vomiting—*Please let the health professional know if you have experienced this with blood draws before, so appropriate precautionary measures can be taken.*
- *Rarely:* Injury to an artery, injury to a nerve, and/or infection at the site of puncture or in the bruised area

### Techniques to help reduce bruising following your venipuncture draw:

- Apply pressure immediately following the venipuncture
- Do not lift anything above 10 lbs for 3-4 hours if possible
- Avoid bending your arm for extended periods of time for the remainder of the day when possible

### Risk factors for bruising with venipuncture draws:

- Aging: Older people tend to bruise more readily
- Arterial puncture
- Scarring in the area of phlebotomy
- Difficult venipuncture/hard stick
- Disease of clotting and thrombocytopenia or platelet function abnormalities
- Anticoagulant medications, such as:  
*Prescription:* Coumadin (Warfin), Plavix, Lovex, Pradaxa, Steriods; systemic or topical.

*Over the Counter:* Aspirin, any NSAID, e.g., Motrin, Ibuprofen, Aleve (not Tylenol), fish oil, ginkgo biloba, saw palmetto, and large intake of garlic or ginger.



**JayCounty**  
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