

SEALS Collection Centre Locations:

Prince of Wales Hospital: Cobden Parkes Building, Level 2 East, High Street, Randwick. Ph. 93829060

Prince of Wales Private: Suite 28, Level 7, Barker Street, Randwick. Ph. 96504963

Sydney Hospital: Worrall Building, 8 Macquarie Street, Sydney Ph. 93827362

St George Hospital: Ground Floor, Clinical Services Building, Gray Street, Kogarah. Ph 91133027

Sutherland Hospital: Pathology Building, Corner Kareenna Road and Kingsway, Caringbah. Ph.95407420

Wollongong Hospital: Level 7, Block C, Wollongong Hospital, Crown Street, Wollongong Ph. 42534009

Shellharbour Hospital: Shellharbour Hospital, Madigan Blvd, Shellharbour. Ph. 42952487

Shoalhaven Hospital: Shoalhaven Hospital, Shoalhaven Street, Nowra Ph. 44239235

PATIENT INFORMATION SHEET

CARE OF YOUR PUNCTURE SITE FOLLOWING BLOOD COLLECTION

With certain medical conditions some people may have a prolonged bleeding time that may cause bruising following their blood tests.

Anti-inflammatory and blood thinning medications will cause prolonged bleeding.

Pressure applied directly over the site will be required for a longer period of time for people with the above conditions.

BRUISING CAN BE AVOIDED BY FOLLOWING THE INSTRUCTIONS BELOW:

- 1. DO NOT WEAR TIGHT RESTRICTIVE CLOTHING ABOVE OR AROUND THE PUNCTURE SITE**
- 2. AVOID LIFTING OR CARRYING HEAVY OBJECTS e.g. Shopping bags**
- 3. AVOID STRENUOUS ACTIVITIES USING THE LIMB FOR AT LEAST 2 HOURS AFTER THE BLOOD COLLECTION**

Our staff will ensure that bleeding has ceased before you leave our department.

If however you experience swelling or soreness, elevate the limb, apply an ice pack to the site and seek medical attention.

THANK YOU FOR USING SEALS

For information on Collection Centre opening times and other enquiries regarding SEALS please call our Call Centre on 1800 073 257.