

## Therapeutic Phlebotomy

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Therapeutic phlebotomy is a procedure to remove blood from the body. It is done in the same way as a blood donation. During the procedure about a pint of blood will be taken from a vein in your arm. Therapeutic phlebotomy is used to treat certain diseases such as:

- Polycythemia Vera - too many red blood cells in the blood.
- Hemochromatosis - too much iron in the blood.
- Sickle Cell Disease - abnormal shaped red blood cells.

### What are the possible side effects of this procedure?

Most people feel fine during and after giving blood. Some people may have the following:

- An upset stomach
- Dizzy, feeling light headed or tired
- Low blood pressure
- Soreness, redness, bruising (black and blue marks) or pain where the needle was placed
- Very rarely, a person may faint, have muscle spasms, or suffer nerve damage

### What should I do after the procedure?

- Drink an extra four glasses (8 ounces each) of liquids for the rest of the day. Do not drink alcohol or caffeine drinks.
- You may get dizzy or lightheaded after giving blood, do not plan to do anything that could put you or others at risk.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

- Keep your bandage on for 5 hours after the procedure. Keep the bandage dry and clean.
- Do not do heavy exercise or lifting for 24 hours after the procedure.
- If you get dizzy, lie down and put your feet up until you feel better.
- If the area where the needle was placed starts to bleed, raise your arm straight up. Press on the area with a cotton gauze pad or clean paper towel until the bleeding stops.

**If you develop any redness or pain where the needle was placed, call the clinic where you had your procedure.**

During daytime hours, Monday through Friday call:

- James Apheresis 614-293-8672
- James 5th Floor Infusion 614-293-8816
- OSU East 614-257-2900, option #2

**After hours or weekends, call the hospital operator at 614-293-8000. Ask the operator to page the Pathology resident on call.**