IRMC LABORATORY DISCHARGE INSTRUCTIONS

BRUISING
It is not unusual to experience some tenderness and bruising as a result of blood collection. Drawing a blood sample requires penetrating a vein and a small amount of leakage at the site may occur.

If your discomfort continues more than a few hours, you may take the following steps:

1. Contact your Primary Care Physician or Family Doctor for instructions

2. Or follow the instructions below:
   a) You may take any type of over-the-counter pain reliever that you normally use for minor pain (ex. aspirin, ibuprofen or acetaminophen).
   b) For the first 24 hours following the blood collection, place cold compresses or an ice bag on the area for 20 minutes, four (4) times daily.
   c) After 24 hours, apply warm compresses or a warm heating pad for 20 minutes, 4 times during the day. Continue to use your arm normally.
   d) If the pain is severe or does not resolve in three (3) days, contact your Primary Care Physician or your Family Doctor.
   e) If redness or swelling develops, contact your Primary Care Physician or Family Doctor.

DIZZINESS
The best way to prevent dizziness post procedure is to increase fluid intake slightly 24 hours prior to your lab draw. Please remember to adhere to any restrictions in the hours just before your testing. Should you experience dizziness after leaving the lab area:

1. Sit or lay down with feet elevated if possible

2. DO NOT drive until feeling subsides

3. Increase fluid intake

Should you feel you need to be evaluated for any of the symptoms above, please call or go to your Primary Care Physician or go to one of our Urgi-Cares or Emergency room during their hours of operation.

Urgi-Care @ Indiana Regional: Mon-Fri 8a – 8p Sat & Sun 9a – 5p
Urgi-Care @ Chestnut Ridge: Mon-Fri 8a – 8p Sat & Sun 9a – 5p
Bork Emergency Room - 24 hours a day 7 days a week

If you have any concerns about the care you received here in the Laboratory, we want to hear from you. Please contact:

Kelly Yoder MS (ASCP)SH or Dr. Steven Wilson
Administrative Director of Laboratory Medical Director of Laboratory
(724) 357-7165 (724) 357-7169