

# Procedure for Blood Sample Collection

抽血護理程序



Gleneagles Hospital

HONG KONG

港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

### 醫院地址

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 港怡醫院  
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## Prior to blood drawing

### 抽血前準備

Two to three days prior to blood sample collection, it is recommended to fill an empty plastic bottle with about 80% of water and use it as a dumbbell for arm exercise. The aim is to make the blood vessel thicker near the elbow to make blood sampling easier.

On the day of blood sample collection or right before the procedure, it is fine to drink a small amount of pure water. Do not drink excessive amount of water to avoid affecting the medical report.

在抽血的二至三天前，建議用水樽注入八成清水，當作啞鈴練習手部運動。目的是令手肘位置的血管較粗狀，讓整個抽血程序順利完成。

在抽血前或當天，可以先飲用小量清水，切勿飲用大量清水，以免影響化驗報告。

This leaflet is for reference only. Please consult our doctor or nurse if you have any questions.

本小冊子只供參考之用，如有疑問可向醫生或護士查詢。



## After blood drawing care

### 抽血後護理

After blood drawing, press on the wound for 10 to 15 minutes. Do not rub, for avoiding swelling.

Even if the skin surface stopped bleeding, please continue to press for 10 to 15 minutes to avoid bruising under the skin.

If there is localised bruising, please apply an ice pack on the wound within 24 hours. Please use a warm towel on top after 24 hours to relieve bruising.

If you feel uncomfortable such as dizzy or fatigue, please lie down and wait for the symptoms to subside before leaving.

The time of pressing depends on how long is needed for clotting. People taking blood thinning drugs or aspirin may need longer time of pressing.

Do not use the hand to carry heavy objects for the next six hours to avoid further bleeding at the needle wound.

If you have phobia for blood or needle, please inform the phlebotomist for preventive measures.

Only put on a Band-Aid when bleeding stop. Proceed to the next department or leave only when you don't have unwell feeling.

抽血後，在止血位置按壓十至十五分鐘，請勿搓壓，以免造成皮下血腫。

如皮膚表層看似未有再出血而停止按壓，可能會因未完全止血而使血液滲至皮下，並造成瘀血，請繼續按壓十至十五分鐘。

若局部出現瘀血，可在廿四小時內冰敷，廿四小時後則用溫熱毛巾濕敷，促進瘀血吸收。

抽血後出如現頭暈、眼花、乏力等不適現象，應平臥，並待症狀緩解後再離開。

各人按壓時間及凝血時間均有差異，如服用薄血丸或阿士匹靈者需較長的按壓時間。

抽血後六小時內請避免用該手攜帶重物，以免針口出血。

如有暈血、暈針史者，請告知抽血人員，以便做好預防措施。

直至沒有滲血時，才貼上膠布，並確保身體沒有不適，才依照程序到達下一個部門或離開。