

# Haemochromatosis Venesection Record

Name: .....

Hospital number: .....

Nurse specialist: .....

Contact number: .....

Consultant: .....

## **Before venesection**

- Eat a well balanced diet, drink lots of water and fluids (not alcohol) before your appointment. The increase in fluid intake assists in better flow of blood.
- Take a small bandage with you to apply to the venesection site

## **After venesection**

- Keep an eye on your dressing for bleeding or unusual swelling or pain
- Rest immediately after treatment for at least 15 minutes
- Avoid carrying heavy objects with your arm for at least 24 hrs after treatment
- Eat regular meals and increase your fluid intake
- Wait until at least one day after your treatment before taking vigorous exercise or doing heavy work

Appt No	Date	Time	Haemo-globin	Serum iron	Serum transferrin	Transferrin index	Plasma Ferritin
			Normal range of values				
			13.5 - 18.0 g/dL	10.6 - 28.3 $\mu$ mol/L	2.0 - 3.4 g/L	0.1 - 1.0	30 - 400 $\mu$ g/L
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Appt No	Date	Time	Haemo-globin	Serum iron	Serum transferrin	Transferrin index	Plasma Ferritin
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			13.5 - 18.0 g/dL	10.6 - 28.3 µmol/L	2.0 - 3.4 g/L	0.1 - 1.0	30 - 400 µg/L
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If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本传单的内容，我们可安排口译员服务。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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**Disclaimer**

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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Carer and Patient Information