BLOOD DRAW TIPS AND PRECAUTIONS FOR PARTICIPANTS

Before the Blood Draw

- In the weeks before and the day of the blood draw, drink plenty of water to hydrate the body and increase blood volume.
- Inform an examiner if you are uncomfortable with needles before the blood draw begins. Measures can be taken to prevent fainting or lightheadedness. Signs of fainting may include: sweating, paleness, clammy skin and nausea.

During the Blood Draw

- If you experience any signs or symptoms of fainting, inform the examiner immediately.
- Avoid looking directly at the needle or the insertion site.
- Do not hold your breath. Take deep slow breaths, inhaling through the nose and exhaling through the mouth.

After the Blood Draw

- After the blood draw, the examiner will give you a gauze pad to hold pressure on the site. Do not bend your arm. Bending the arm keeps the puncture open and can allow blood to escape into the tissue and cause bruising or a hematoma.
- Avoid heavy or strenuous activity such as lifting or pushing heavy objects immediately after the blood draw. This may cause the vein to reopen and blood to leak under the skin, resulting in unusual bruising.
- Notify an examiner immediately if you feel lightheaded at the screening site. If you feel dizzy after leaving the screening site, notify an examiner and sit or lie down with your feet elevated immediately until the feeling passes.
- Occasionally, participants may experience some pain, redness, soreness, bruising or swelling around the needle insertion site.

Questions? Contact Bravo Wellness Customer Support at 877.662.7286.