



Your Phlebotomy Appointment

This handout offers information on what you need to do before and after your phlebotomy appointment. Phlebotomy is the removal of blood from one of your veins using a needle.

Call the Systemic Therapy Suite at 905-576-8711 extension 34030 as soon as possible if you need to cancel or change your appointment. Tell us if you are cancelling your appointment because you feel too sick to come. A nurse will call you to talk about how you are feeling.

What you need to do before your phlebotomy appointment

- Drink 6 to 8 cups of fluids (1 cup = 250 ml) the night before your appointment. This makes it easier for the nurse to get blood from your vein. Drink fluids that do not contain caffeine or alcohol.
- Eat your regular meals before this appointment. You do not need to fast before this appointment.
- Do not drink any alcohol the night before your appointment.
- Bring a water bottle or other choice of drink/drink container with you to this appointment.

We may cancel your phlebotomy appointment if you do not follow all of the instructions listed above.

What you need to do after your phlebotomy appointment

- Drink 1 cup (1 cup = 250 ml) of juice or water every 1 hour for 4 hours after your blood is taken.
- Do not drink caffeinated drinks or alcohol for 4 hours after your appointment.
- If you have any bleeding from where the blood was taken:
- Lift your arm above your head. Do not bend your elbow.
- Apply constant pressure for 5 minutes to the area that is bleeding.
- Sit or lay down if you feel faint or dizzy. See your family doctor or go to the Emergency Department at the hospital closest to you if this does not help. Tell the nurse about this at your next appointment.
- Do not smoke for 30 minutes after your appointment.
- Resume your normal activities 1 hour after your appointment.
- Do not do any activity that is strenuous (hard) for you for 24 hours after your appointment.

Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

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