

Information for Patients attending Venesection in the Medical day Case Unit

The Medical Day Case Unit is a nurse led unit. Your Consultant has arranged for you to attend for venesection.

The venesection clinic takes place weekly. The clinic starts at 8am and finishes at 7pm.

Facilities:

In the main mall of the hospital you will find shops, coffee shop and cash point machines. The main hospital canteen is open to visitors and patients.

Treatment:

Treatment is simple and effective and consists of regular removal of one unit of blood which is approximately 400mls. Sometimes your doctor requests this to be done once. More usually you are likely to require several appointments depending on your blood results. Each appointment should take approximately 20 minutes.

Removal of blood is achieved by inserting a needle into a vein in your arm into which blood is drained into a bag.

Initially venesection may be required once weekly or fortnightly and continues until your blood levels are satisfactory. Depending on the reason for attending this can take several months. Your doctor will decide a target blood level they wish to achieve.

If you have Haemochromatosis the initial treatment phase involves the removal of excess iron which has accumulated in your body. Once the excess iron has been successfully removed indicated by a fall in your iron level to between 50-100 micrograms/litre, the aim is to prevent build up of excess iron. This is called the maintenance phase and will require much less frequent venesection, typically once every 3 months. Your blood levels will be monitored regularly and if necessary adjustments made to the frequency of appointments.

The aim during the maintenance phase is to keep iron levels between 50-100 micrograms/litre.

If your diagnosis is not Haemochromatosis your blood level will be monitored and your doctor will decide on the blood level they are aiming for.

Admission Routine:

On arrival please report to the reception desk in the medical day case unit. If no one is at the reception please report to a nurse in the medical day case unit.

During your appointment you will be offered a refreshment drink to help replace lost fluid. Please ensure you have something to drink and eat prior to arrival to ensure you are well hydrated prior to venesection.

Appointments:

Please arrive at your appointment time as it may not be possible to accommodate you if you arrive out with this time. If you are attending weekly to 3 weekly the medical day care staff will arrange your next appointments. If you attend less frequently an appointment will be posted out according to your blood tests.

Keeping your appointment :

If you cannot keep your appointment and wish to change it contact either the administrator assistant or venesection coordinator with as much notice as possible.

If you wish to cancel on the day of venesection you may call the medical day case unit directly on : 0131 2421777

Note this is only available on the day you are attending for venesection.

Blood Results:

You may be asked to attend your GP for blood tests if they have not been taken for a while. This is to ensure it is safe to proceed with venesection and it is actually required. We will endeavour to check your latest blood tests prior to your appointment. If you do not need to attend we would contact you by phone to cancel the appointment. However, if you do not hear from the coordinator assume you should attend as planned.

Venesection Coordinator

Centre for Liver and Digestive Disorders

The Royal Infirmary of Edinburgh

51 Little France Crescent

Edinburgh

EH16 4SA

Tel: 0131 – 2423646

Mobile: 07815493031, (Please do not text messages as we are unable to reply to these)

Administrator assistant: Tel: 0131 2421225

Public Transport and Travel Information Bus details available from: Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com Train details available from: National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.