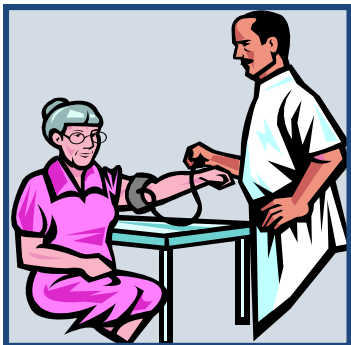


WHAT CAN I DO TO MAKE THE PROCESS EASIER?

Make sure you are rested and drink plenty of water. Drinking water beforehand helps to keep you hydrated and prevent reactions.

Being hydrated also helps to increase your blood volume which can make it easier for the laboratory personnel to find a vein. Eating normally beforehand can also help to make the procedure easier.



WHAT ARE THE RISKS?

In general, the risks are the same as having your blood drawn for laboratory testing such as bruising or infection at the needle site.

Occasionally reactions such as fainting, dizziness, nausea, or vomiting can occur. If this happens, we will take care of you.

I DON'T LIKE NEEDLES—WHAT SHOULD I DO?

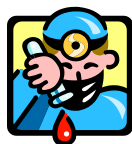
If you are uncomfortable with needles or have had reactions (fainting or dizziness) in the past when having blood drawn, make sure you tell the laboratory staff before the procedure is started. We want to make sure that you feel comfortable and safe and will take special precautions.

The best way to approach the procedure is to relax, look away, or close your eyes. Do not watch the needle and do not hold your breath as this can make it worse.

Talking can help. If you have a reaction, we will take care of you and you will be asked to stay around for a while so we can make sure you are feeling OK before leaving the hospital. If after leaving the hospital you feel faint or dizzy, sit or lie down immediately. You will be given an information sheet before you leave the hospital with instructions.

P. O. Box 2339
Elk City, OK 73648

Phone: 580-821-5552
www.gprmc-ok.com

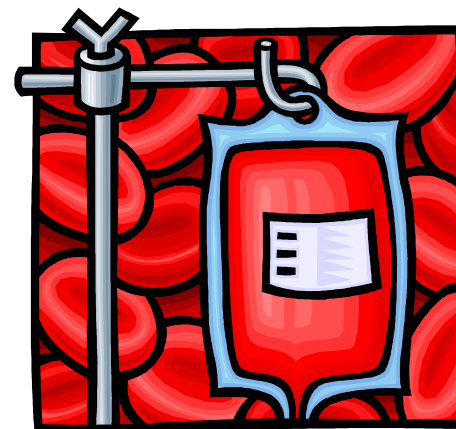


Blood Work

GREAT PLAINS
REGIONAL MEDICAL CENTER

PATIENT INFORMATION ABOUT THERAPEUTIC PHLEBOTOMY

By Jean E. Forsberg, M.D.



THERAPEUTIC PHLEBOTOMY

Your doctor has prescribed that you have blood drawn as a medical treatment. This type of procedure is called “Therapeutic Phlebotomy” and is very similar to regular blood donation except it is used to treat certain medical conditions such as Hemochromatosis (too much iron in the body), or some types of polycythemia (too many red cells in the blood). Removing the blood helps the body to function better.

It can be performed on an outpatient basis or while you are a patient in the hospital. This type of treatment can be done weekly, monthly, or as your doctor has prescribed.

The laboratory at Great Plains Regional Medical Center wants to make sure your treatment goes as smoothly as possible so we have created this brochure to help explain the process. Don't hesitate to ask questions.



WHO WILL PERFORM THE PROCEDURE?

Your blood will be drawn by Medical Technologists or Medical Laboratory Technicians who have special training in this process. This procedure is done under the supervision of the medical director of the laboratory.

You will have a mini-physical examination before the procedure and will be monitored during the procedure.

HOW DO I ARRANGE TO HAVE THE PROCEDURE?

All outpatient therapeutic phlebotomies are scheduled between 9 a.m. and 3 p.m., Monday thru Friday. Appointments are made by calling 580-821-5552.

You will need to bring the doctor's order with you, or the lab must have a record of the doctor's order on file. You also need to have a government photo ID such as a driver's license.

If you have health insurance, it is a good idea to bring your insurance card. If you are having the procedure while you are a patient in the hospital, you don't have to do anything.

WHERE WILL THE PROCEDURE BE PERFORMED?

When arriving at the hospital, go to outpatient registration first, then we'll direct you to the laboratory. The procedure will be done in a treatment room at the hospital.

You may have your blood tested before the procedure. During the phlebotomy, approximately one pint of blood will be removed from a vein in your arm. It takes about 1 1/2 hours for the process starting from the time you arrive at the hospital. After the procedure you will be given something to drink.

You may resume routine activities, but avoid heavy lifting or exertion for 24 hours.

