

# Venesection

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES) York Hospital, Wigginton Road, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

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## **Information about Haemochromatosis (Iron Overload)**

Haemochromatosis is the disease that occurs as a result from a significant iron overload. Hemochromatosis affects everyone differently, and there is no definitive set of symptoms to indicate that a person has too much iron.

## **Information about your Venesection**

Haemochromatosis can be treated by Venesection. This is performed by the nurses on the Medical Elective Services (MES). This involves taking a unit of blood in the same way as blood donation. The nurse will also take blood samples, including one to measure your ferritin levels, with each venesection. The treatment can take anything from five to 15 minutes. Most people feel fine after their venesection, on rare occasions, however, it can cause light-headedness and you may need to stay a little longer.

You may take all of your usual tablets on the day of your venesection. It is a good idea to eat and drink plenty of fluids prior to your appointment, as this will help your blood to flow more easily.

After your venesection you will be offered a drink, and given your next appointment.

Further information is available at the Haemochromatosis Society UK website: [www.haemochromatosis.org.uk](http://www.haemochromatosis.org.uk)

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk).

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

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