

**Instructions:**

- 1. Print at 100% (Do not “fit to page”).**
- 2. Cut on the dotted line.**
- 3. Fold on the solid line.**

**Avoid:**

- Repeated fist pumping during blood collection
- Keeping the fist tightly closed for a long time



**DO NOT ASK ME TO PUMP MY FIST**

**BCRenal** Provincial Health Services Authority  
I am a kidney patient. Please,

**BCRenal** Provincial Health Services Authority

- ✓ A relaxed hand is preferred.
- ✓ A gentle, single clench before needle insertion may sometimes be used.



*Reason: Fist pumping or prolonged clenching can falsely raise potassium levels.*

fold here ▶

◀ fold here