

# The Blood Donation Process

## Before the Donation:

- Get a good night's sleep.
- Eat regular meals to make sure you are not donating on an empty stomach.
- Have a normal dinner the night before.
- Eat a nutritious breakfast.
- Drink plenty of fluids. When you donate blood, your body loses about two cups of fluid. After donation your body replaces the fluid almost immediately by drawing water into your blood from surrounding tissues.

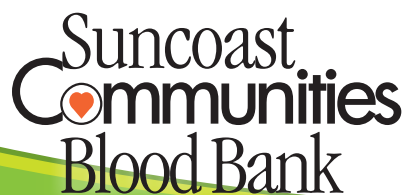
Drinking water 30 minutes before the donation has been found to enhance the donation experience. In addition to replenishing fluids lost during donation, the timing of the fluid intake causes your body to maintain a healthy circulation throughout the process. This helps prevent one of the most common types of donor reactions – light-headedness.

## During the Donation:

- Only sterile, disposable equipment is used throughout the donation process, which makes it virtually impossible to contact a disease from donating blood.
- A brief private physical examination of blood pressure, pulse, temperature and an iron level measurement is conducted by our staff followed by a review of health-related questions. If the prescribed medical requirements are met, the blood is collected followed by refreshments.
- The actual donation takes approximately 10 to 15 minutes. You may feel a pinch at first, but then it's gone. While you relax all you have to do is gently squeeze a ball every few seconds. Donating blood doesn't hurt.

## After the Donation:

- Eat well for the next 24 hours
- Increase your fluid intake for the next 24 - 48 hours
- Do not use tobacco products for at least 1 hour
- Do not lift heavy objects with the arm you donated with for the rest of the day
- Do not engage in strenuous activity for at least 4 hours
- Leave your bandage on for four hours



We can't operate without you.

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