

WHAT YOU NEED TO KNOW ABOUT DONATING BLOOD

WHAT TO EXPECT

Before your donation, stop by the Hydration Station and drink one bottle of water.

STEP
1

Registration – Present your photo I.D. and provide basic information about yourself.

STEP
2

Health History – Answer confidential questions about your past and present health.

STEP
3

Mini Health Exam – Have your temperature, blood pressure, heart rate and hematocrit level checked.

STEP
4

Donation Time – Have your arm examined and scrubbed before the needle is inserted. Follow the crew member's instructions for muscle tensing exercises while you donate.

STEP
5

Revitalization Station – After your donation, enjoy sodium-rich snacks and a drink. Wait at least 15 minutes before leaving this area!

BEFORE YOU DONATE

- **Do not donate on an empty stomach** – eat a hearty, sodium-rich meal before you donate.
- **Drink lots of fluids** including a bottle of water just before you donate.
- **Boost iron** – eat fortified cereal, red meat or green, leafy vegetables.
- **Increase sodium intake** – eat salty foods and snacks the night before and the day of your donation.
- **Get a good night's sleep** prior to donating.

AFTER YOU DONATE

- **Read** and follow the instructions provided!
- **Avoid** strenuous physical activity or heavy lifting for the rest of the day including sports and exercise.
- **Drink** additional water throughout the day.

