

TIPS FOR A

Successful Blood Donation

- Maintain a healthy iron level in your diet by eating iron rich foods such as red meat, fish, poultry, beans, spinach, iron-fortified cereal and raisins.
- Get a good night's sleep.
- Drink an extra 16 oz. of water or a non-caffeinated beverage, such as fruit juice, before donation.
- Eat a healthy meal before your donation.
- Wear clothing with sleeves that can be raised above the elbow.
- Relax by listening to music or talking to other donors during the donation process.
- Be sure and take the time to enjoy a snack and drink immediately after donating.
- Drink an extra four (8 oz) glasses of liquids over the next 24 hours.
- Do not do any heavy lifting or vigorous exercise for the rest of the day.
- Bring a photo ID such as a driver's license, government issued ID or a school or work ID.

Your blood donation will save a life – thank you for taking the time to give someone else a lifetime!