

Thank You for Donating Blood

Please give this page to our donor care staff to begin your blood donation.

This sheet describes actions you can take to resume your daily routine as quickly as possible.

Today

After your donation:

Donor reactions are rare and usually mild. Most occur within the first 15 minutes or so after blood donation. We recommend that you be especially careful during this period.

Take a full 15 minutes in the refreshment area to let your body get used to your recent blood donation. While you're there, enjoy a salty snack and rehydrate with 16 oz of fluid, preferably **water**.

For the rest of the day:

- Drink plenty of non-alcoholic fluids throughout the day.
- Make your next meal a hearty one.
- Leave the bandage on at least four hours.
- If bleeding occurs, raise your arm and apply pressure to the bandage for at least 5 minutes.
- Avoid heavy lifting and strenuous exercise today.
- Avoid activities that may present a hazard to you or others.
- If you start to feel lightheaded after your donation or later in the day:
 - **Lie down flat on your back** and put your feet in the air or on a chair. If you cannot lie down, **squeeze your buttock and leg muscles** at 5-second intervals.
 - Do not stand up suddenly.
 - Do not lean over and straighten up suddenly.
 - Ask someone to walk with you if you have to use the restroom or climb stairs.

When can you leave?

For your safety, remain in the refreshment area until at least _____.

Your next donation appointment & health information

online: Visit our website to make your next donation appointment and check your health information, such as blood pressure, pulse, and hemoglobin level.

When can you donate again?

You will be able to donate again on _____. Your health is very important to us. To prevent anemia, you may donate whole blood or red cells no more often than every 8 weeks and double red cells every 16 weeks. We track frequent red cell donors to make sure they don't give more than the maximum allowable volume of blood loss in a 12-month period. Once you reach the maximum allowable volume of blood loss, we'll ask you to wait awhile before you donate again.

Later

If you develop a bruise:

Apply ice wrapped in a towel or cloth to the area for 30 minutes two or three times the first day. If you're still sore the next day, apply a warm, moist cloth to the area for 30 minutes two or three times during the day. If the discomfort continues, please call the number beside our blood center's name below.

If you develop an adverse reaction to blood donation after you leave, please call the number beside our blood center's name below.

If you wish to consult a physician, please call the number beside our blood center's name below first so that one of our staff may assist you. If you must seek care urgently, please notify us within two working days after you have seen the doctor.

To request your blood NOT be used:

If you feel your blood should not be used for any reason, or if you become ill within 3 days, call the number beside our blood center's name below.

Certain illnesses can be transmitted to patients through blood transfusion from an infected donor. These illnesses include those contracted while traveling abroad (such as dengue, chikungunya and malaria) or domestically (such as West Nile virus and influenza). Although you feel well and healthy at the time of your donation, please call us immediately at the phone number beside our blood center's name below if you develop any of the following symptoms within 14 days of your blood donation.

- Fever of 100 F or higher
- Flu-like symptoms such as headaches, eye pain, body aches or weakness (including muscle or joint), loss of appetite, nausea, vomiting, diarrhea, skin rash, or swollen lymph glands
- Bleeding or easy bruising (unrelated to blood donation)

By notifying us as soon as possible after developing any of these symptoms you may prevent the blood you donated today from being transfused and possibly infecting a patient.

YOUR CALL WILL BE KEPT CONFIDENTIAL

Provide this number when you call so that we may locate your unit:

Blood Centers of the Pacific:	(www.bloodcenters.org)	855-540-8064
Bonfils Blood Center:	(www.bonfils.org)	855-540-8064
Inland Northwest Blood Center:	(www.inbcaves.org)	855-540-8064
Lifeblood:	(www.lifeblood.org)	855-540-8064
United Blood Services:	(www.unitedbloodservices.org)	855-540-8064

A Donor's Guide to Comfort and Safety

Introduction

Thank you for donating blood. Whether this is your first donation or one of many, please read this information to learn about things that you can do to have a pleasant and safe experience.

Background

Sometimes, when people have been sitting for a while, they might feel dizzy or light-headed. This is because of a decrease in the amount of blood the heart pumps to the head. To avoid this feeling, please follow the tips below.

During the Donation

1. Perform Muscle Tensing Exercises throughout your donation, especially toward the end of the donation (just before and after we remove the needle).
 - **Contract** or squeeze your leg, thigh, and buttock muscles for about 5 seconds.
 - **Rest** for about 5 seconds.
 - **Breathe** normally.
 - **Repeat** the contractions and rests at least 3-4 times a minute.
2. If you feel dizzy or different from normal, please let our staff know right away.

After the Donation

1. **Rest in the donor chair** for a few minutes before you get up to go to the refreshment area. If you stand up too quickly, blood will rush to your feet and legs and you might feel dizzy or lightheaded. If this happens, please let us know so we can return you to the donor chair safely until you're ready to get up.
2. **Ready to stand up?** Dangle your legs over the side of the chair and tense your thigh and buttock muscles.
3. **Remain in the refreshment area for 15 minutes.**
 - **Drink** at least 16 ounces of water, sports drink, or other beverage and have a salty snack. When you donate blood, your body loses about 16 ounces of fluid and about 1 gram of sodium (or ½ tsp of table salt). It's important to replace both the fluid and the sodium to help you feel good the rest of the day. (If you don't eat the salty snack, double up on the fluid.)
4. **Continue the Muscle Tensing Exercises** in the refreshment area and for the next 1-2 hours whenever you stand up.

We hope these simple steps will help you enjoy a safe, comfortable blood donation.

Thank you for giving blood today!

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