



Before You Donate



For the days leading up to your donation, drink extra fluids such as water, juices, Gatorade or PowerAde.



Get plenty of sleep the night before you donate.



Avoid fatty foods, such as hamburgers, fries and ice cream prior to donating.



What to wear or bring:

- Wear comfortable clothes like sweat pants, shorts with elastic waist band or sleeping pants. You may bring these with you and change prior to your donation. These clothes will make it easier for you if you need to use the urinal or bedside commode.
- Wear a short sleeve shirt as we will need to easily access your arms for the IV placements.
- Bring your government issued ID with you.
- You may bring an electronic device if you wish to listen to music. We have Netflix and cable for any movies or TV shows you want to watch.
- We do not provide meals but you are welcome to bring food with you or order using any delivery service. We have a limited amount of snacks available.
- You are allowed 1 person to be in the room with you during your donation.



What to expect during the donation:

- You will sit in a reclining chair.
- Blankets and pillows will be used to make you comfortable.
- You will have very limited movement of your arms during the collection.
- A nurse will be in the room with you to monitor the procedure. Feel free to ask questions.
- You are allowed to sleep, watch TV or listen to music.

After the donation



- Once your donation is complete, the nurse will collect another blood sample from one of your IVs.
- The IVs will be removed and a bandage will be placed on your arms.
- Leave the bandages in place for at least 1-2 hours.
- You will be escorted to the restroom, if needed.
- Your blood pressure, pulse and temperature will be taken.
- You will be offered a snack and drink.
- Do not lift any heavy objects for the remainder of the day.
- Avoid strenuous physical activity for the remainder of the day.
- If you feel lightheaded or dizzy, lie down with your feet elevated until the feeling passes.
- If bleeding is noticed after you remove the bandages, apply pressure to the site and raise your arm until the bleeding stops.
- If bruising is noticed, apply a cold pack to the area for 20 minutes at a time. Remove for at least 20 minutes. Do this for 24 hours.



You should call the clinic or your doctor if you:

Had any problems or needed medical care after your donation.

Continue to feel nauseated, lightheaded or dizzy after resting, eating and drinking.

Notice a raised bump, continued bleeding or pain at the needle-stick site when you remove the bandage.

Feel pain or tingling down your arm, into your fingers.

Become ill with signs and symptoms of a cold or flu, such as fever, headache or sore throat, within 4 days after your donation.