

## Tips for a Successful Donation

By following these recommendations you can make your donation a successful, safe and pleasant experience.

### Before Donation

If you have an important social, sports or life event (for example: SAT or ACT testing, driver's license test or prom) we recommend that you wait to donate.

- Maintain a healthy iron level in your diet by eating iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-enriched cereals and dried fruits like apricots and raisins.
- Eat healthy and drink plenty of fluids starting two days prior to donation.
- Get a good night's sleep.
- Eat a healthy meal one to two hours before your donation and drink the water provided by Carter BloodCare collection staff just before donation.

### During Donation

- Wear clothing with sleeves that can be raised above the elbow.
- Relax and talk to the phlebotomist (staff person drawing your blood) during your donation process. It is common to be a little nervous and anxious. Let Carter BloodCare staff know so they can help you.
- Your arm should not hurt after the needle is inserted; if it continues to hurt, or you feel dizzy or faint, let the collection staff know immediately.

### After Donation

- Take the time to enjoy snacks and drinks in the refreshment area (canteen) immediately after donating. Recommended time to rest in the refreshment area (canteen) is a minimum of 15 minutes. DO NOT leave unless you feel back to your usual self!
- Leave the bandage on for four hours. If the needle site bleeds, apply firm pressure over the bandage and raise your arm for five to 10 minutes.
- Do not smoke for 30 minutes.
- Avoid strenuous exercise such as weight lifting and/or pulling with your donor arm, for a minimum of 24 hours.
- Drink plenty of water and avoid alcohol over the next 24 hours.

If you have any concerns, contact a Donor Advocate representative by calling:

- 817-412-5370 (for customer service and general questions).
- 817-343-2569 (for reactions which includes fainting, dizziness, bruising and arm pain).

