

# Preparing for your blood donation



# 1

## Before donation

The day before donation, eat a substantial meal, stay well hydrated and get a good night's sleep. 3 hours before donation, have a salty snack and drink 750mL water.

# 2

## During donation

Relax and enjoy yourself! Cross legs, squeeze inner thighs and stretch ankles, and repeat (this is called "applied muscle tension") to stay safe and comfortable during donation. Tell us if you feel anxious!



# 3

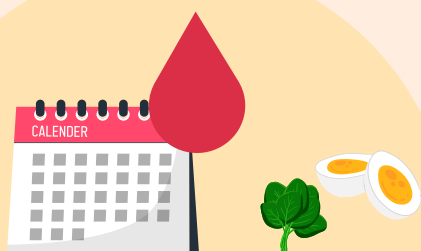
## After donation

Rest onsite and have something to eat and drink, keep bandage on for at least 2 hours, don't exercise or lift heavy objects, avoid alcohol and smoking.

# 4

## Call us if...

You feel unwell, faint or have any questions about your health and safety post-donation. Also let us know if you need to confidentially discuss your questionnaire / interview responses for any reason.



# 5

## Arrange your next visit

Check when you are eligible to donate again and if possible, schedule in another date to save even more lives! Eat plenty of iron rich foods (such as eggs, spinach, meat) to replace any iron lost in donation.

# Thank you for your lifesaving gift!