

Tips to relax during your blood donation



1

Know what to expect

The best way to prepare for your blood donation is by knowing what to expect. Contact your local blood collection centre ahead of donation to find out what the process is on the day, or check online. Also, make sure you take some ID with you on the day you donate!

2

Be prepared

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



3

Applied muscle tension

Muscle tensing routines are an effective and simple method to relax during and after your donation. These exercises quickly raise your blood pressure, reducing the risk of faintness. Perform these exercises before and after the needle is inserted and removed, as well as before leaving the donation chair.

Follow these steps:

1. Cross your legs.
2. Squeeze your inner thigh and abdominal muscles.
3. Stretch your ankles.
4. Hold for 5 seconds, then release for 5 seconds. Repeat 5 times, then switch to the other leg.



4

Talk to us

If you have any concerns during your blood donation, call a staff member over. They will assist you and ensure you feel comfortable during the donation process.



Thank you for your lifesaving gift!