

POST DONATION INFORMATION

We hope your visit to our Blood Donor Center or Blood Drive has been a pleasant experience. Please take a few minutes to go over this important information. It will explain what you need to know after this donation. Thank you for your continued support of our blood donor program and we hope to see you again.

AFTER YOUR DONATION

1. Please eat and drink something in our refreshment area before leaving.
2. Drink more fluids than usual for the next four hours and do not skip meals today.
3. Do not smoke for at least 30 minutes.
4. Avoid drinking alcohol beverages today. Also avoid consuming alcohol until you have eaten.
5. Leave your pressure bandage on for 1-2 hours. If bleeding does occur, raise your arm and apply firm pressure until the bleeding stops. Bruising at the site may occur. Applying ice to the site intermittently may ease any discomfort and further bruising.
6. If you feel dizzy, lie down or sit down. Elevate your feet if possible. The dizziness should subside within thirty minutes. Avoid driving or operating heavy equipment until you feel well again.
7. Do not lift heavy objects for 12 hours.
8. Do not participate in any strenuous activity for twenty-four hours.

FREQUENTLY ASKED QUESTIONS

1. *How much blood has been removed from me? You have approximately 8 to 12 pints of blood in your body. Your donation is approximately 1 pint.*
2. *When will my body replace the blood that I have donated? Approximately 2 to 4 weeks*
3. *How do I find out my blood type? You will receive a wallet card with your blood type in the mail in a few weeks.*
4. *What if I get a bruise (hematoma) or have soreness at the needle site? This can occur as a result of a needle going into your arm and usually will decrease after a few days. To ease discomfort, apply ice during the first 24 hours in 20-minute increments and heat in 20-minute increments after 24 hours, this may also diminish the discoloration of the bruise. In the unlikely event that bruising worsens, or prolonged soreness increases and you experience other unusual symptoms, call the blood donor center. Contact us with any additional questions at (508) 862-5663.*

**We ask that you call the blood donor center for any of the following reasons
508-862-5663**

- If you decide that your blood may not be safe to give to another person
- If you recall information that you did not report at the time of donation

Call Back Instructions: please call and leave your Unit Identification Number and the date of your donation. It is not necessary to leave your name or any other identifying information. All phone calls are strictly confidential.

- Please notify us if you develop any illness with fever, such as the 'flu' in the next 3 days. This information is necessary for the protection of the recipient of your blood.
- **Please call if you are experiencing any unusual symptoms following your donation. If this occurs outside the hours of 8-4, M-F, please contact your doctor for further instruction, or ask someone to take you to the nearest urgent care. Notify us of such events as soon as possible so we can follow up with you.**

NEXT ELIGIBLE DONATION DATE: _____