A guide to blood donation

Georgia Health Policy Center
A GUIDE TO BLOOD DONATION

Are you considering donating blood? Here is a step-by-step guide and a few tips to make your donation process run smoothly. The entire process will take an hour or less.

Before you donate . . .
- avoid alcohol consumption
- avoid over-the-counter medications
- avoid smoking and the use of tobacco products
- drink plenty of fluids
- eat healthy iron-rich foods
- get plenty of rest the night before

After you donate . . .
- avoid exercising
- avoid smoking
- drink plenty of fluids
- eat healthy iron-rich foods

1 Arrival
Once you arrive at the center or drive you will show identification and fill out a brief health and travel history form.

2 Screening
- The staff will ask a few questions about your health and travel history.
- A mini exam will be performed, including a finger prick and recording of your temperature, weight, and blood pressure.
- If your mini physical and health and travel history are acceptable, you will be able to donate blood.

3 Donation
After the mini exam, the actual donation will take less than 10 minutes.

4 Snack Time
Rest, relax, and enjoy a snack and drink before you leave.

5 Repeat
Blood donation does not need to be a one-time thing. You can donate as often as every 56 days or eight weeks.

Development of this information was supported by Cooperative Agreement DD14-1406, funded by the CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services.