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## A guide to blood donation

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# 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.

