



## Carter BloodCare

### **Make each life-saving donation a success!**

Follow our recommendations below so when you #GiveForLife, you have a safe and pleasant experience.

#### **Before Donation**

- Wait to donate if you have an important social, sports or life event coming up.
- Wait to donate if you do not feel well and healthy.
- Maintain a healthy iron level in your diet by eating iron-rich foods.
- Eat healthy and drink plenty of fluids one to two days prior to donation.
- Get a good night's sleep.
- Eat a healthy meal one to two hours before your donation.
- Drink plenty of water before your donation.

#### **During Donation**

- Wear clothing with sleeves that can be raised above the elbow.
- Let Carter BloodCare staff know if you feel anxious or nervous so they can help you.
- Your arm should not hurt after the needle is inserted; if it continues to hurt, or you feel dizzy or faint, let the collection staff know immediately.

#### **After Donation**

- Rest in the canteen area a minimum of 15 minutes after donating.
- Do not leave unless you feel strong enough.
- Leave the bandage on for four hours. If the needle site bleeds, apply firm pressure over the bandage and raise your arm for 5 to 10 minutes.
- Do not smoke for 30 minutes.
- Avoid strenuous exercise, such as weight lifting and/or pulling with your donor arm, for a minimum of 24 hours.
- Drink plenty of water and avoid alcohol over the next 24 hours.
- Call 817-343-2569 if you have any concerns regarding your reactions

If you have any concerns, contact a Donor Advocate representative at 817-412-5370.