

TIPS FOR AFTER YOUR DONATION:

- Drink an extra four (8 oz.) glasses of liquids and avoid alcohol over the next 24 hours.
- Keep the strip bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water.
- Don't do any heavy lifting or vigorous exercise for the rest of the day.
- If the needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes or until bleeding stops.
- Call us at 601.981.3232 to report any additional health information that you forgot to tell us, if you have any problems or if you needed medical care after giving blood.
- If you experience dizziness or lightheadedness, stop what you're doing and sit down or lie down until you feel better; avoid performing any activity where fainting may lead to injury for at least 24 hours.
- Keep eating iron-rich foods.
- If you donate frequently, be sure to take multivitamins with iron to ensure you continue to replenish your iron stores before your next donation.

