



# WHAT YOU CAN DO BEFORE, DURING AND AFTER YOUR DONATION

## BEFORE YOUR DONATION

Having a diet rich in **iron** is an important part of keeping your body healthy and energized. Iron is an essential element in blood production. It is naturally present in many foods, which is why we created this guide.

In the guide you will find a list of the best foods to eat for an iron rich diet as well as our favorite recipes.



The amount of iron that your body needs will depend on several factors including age, gender, body type and genetics. In some cases, a dietary supplement may be necessary to increase your iron levels. Consult your medical professional on what is best for you.

- Eat five or more servings of a variety of vegetables and fruits each day
- Choose whole grains rather than refined grains and sugar
- Limit your consumption of red meats, especially those high in fat
- Choose foods that are low in fat, calories and sugar and avoid large portions
- **Drink an extra 16 oz. of water** (or other nonalcoholic drink) before your appointment.
- Eat a healthy meal, avoiding fatty foods like hamburgers, fries or ice cream.
- Wear a shirt with sleeves that you can roll up above your elbows.

## DURING YOUR DONATION

Applied Muscle Tension (AMT) is a series of simple exercises that help your blood pressure stay up and improve blood flow, so your chance of experiencing any side effects, like fainting, stays low. These exercises can be performed throughout your donation and afterwards in the refreshment area.

**The exercises themselves are simple:**

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|--|--------------------------------------|
| Lie down on the donation bed.              | Point your toes back towards you.    |
| Cross your right calf over your left calf. | Hold this position for five seconds. |
| Squeeze your thighs together.              | Then relax for five seconds.         |
| Tense your stomach.                        | Repeat this process five times.      |

## AFTER YOUR DONATION

- **Enjoy a Snack** - Relax for a few minutes in our refreshment & recovery area — have some cookies or other snacks — you've earned it!
- **Tell Others About Your Good Deed** - The gratification of giving blood is a feeling you'll want to share.
- **Drink Extra Liquids** - 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 1-866-236-3276 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.

**THANK YOU FOR YOUR DONATION**