



## Pleasant Donation Experience

### *The day before...*

...eat healthy meals and sleep well.

### *The day of...*

...eat a healthy breakfast and lunch, and keep hydrated!

### *Post donation...*

...hydrate, hydrate, hydrate, and give your body the physical rest it deserves after a donation.

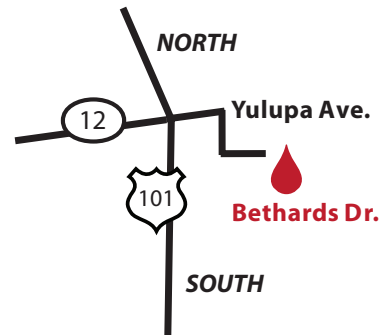


Carry this card with you next time!



Make a lifesaving pledge to give on a regular basis. Join Club 25 and pledge to make 25 donations by the time you are 25 years old.

For more info, please visit [bbr.org](http://bbr.org) or ask about our pledge cards at your next blood drive.



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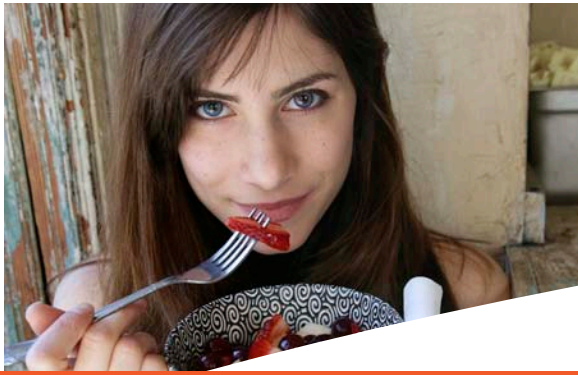
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Youth Donors



*Your one hour of community service can mean a lifetime to a patient. Join us in saving lives.*

## How-To Guide to a Safe and Pleasant Donation Experience

**Please review this brochure and discuss it with your parents. Have a conversation about the importance of blood donorship, and being sensitive to your community's blood supply. You can all become LifeSavers!**

### DONATION OVERVIEW

To give blood you must be 17 years of age (16 with Parental Consent) or older, weigh at least 110 pounds and be in good health. If you qualify to give blood, your donation will consist of four steps, and the entire process will take approximately one hour. Blood collection usually ranges between 7-10 minutes.

The day before your appointment you should eat a healthy dinner and get a good night's sleep. Also, make sure you do not donate on an empty stomach. Eat a good meal and drink plenty of fluids prior to your donation. Your body loses approximately one pint of fluids after donating blood. It is very important to replenish yourself.



### 1. Registration

When you arrive at the blood drive location or at our blood center, a registrar will take your name, address, telephone number and a form of identification with photo ID and proof of birth date. At this time you will be asked to fill out a medical history form to determine your eligibility.

### 2. Medical History

During your "history interview" you will be asked questions about your medical history to confirm your eligibility. A staff member will also take your blood pressure, pulse, temperature, and a drop of blood to make sure you are eligible for blood donation. All answers and medical information are considered confidential.

### 3. The Donation

Once you qualify during your Medical History, you will be asked to sit in a comfortable donor chair for your blood donation, which takes about 7-10 minutes. To maximize your comfort, wear clothing with sleeves that can be raised above the elbow. Blood donation is not painful, you will only feel a slight prick once the phlebotomist inserts the needle into your arm. You should understand that some risks are associated with blood donation, including minor pain, bruising and/or light-headedness. You will be donating 1 pint of blood. (The typical adult has between 9-12 pints of blood in his/her body.) The fluid lost in your donation is replaced in 24 hours and the red cells are replaced in 6 weeks.

If you are nervous about the donation or the needle prick itself, please discuss it with your phlebotomist. After your donation do not leave until instructed. Wait for a staff member to release you. Sit there for a moment, collect yourself, then slowly stand up and walk over to the donor canteen area for refreshments and snacks.

Your blood will be tested for laboratory evidence of infectious agents capable of transmission through blood transfusion. You will be notified of test results that may be important to your health, or affect your eligibility to donate

blood. Blood donation is a voluntary program. At any time in the process you are free to withdraw and discontinue your donation.

### 4. Rest and Refreshments

After your blood donation is complete, you will be asked to rest for 15 minutes, eat some light food and hydrate before leaving the donation site.

Remember to rehydrate by drinking plenty of fluids over the next 24-48 hours. Following your donation avoid any strenuous physical activity, heavy lifting or taxing sports activities for the rest of the day. Treat your body well so it will recover quickly.



### Post Donation

After your donation you will receive post donation instructions, which contain blood center contact information and post donation care instructions. Please take them home. If you experience any dizziness, immediately sit down and put your head between your knees, or lie down with your legs elevated. Strenuous or athletic activities should be postponed until the following day. You should not smoke after your donation, it can cause dizziness. Post donation instructions are also available at [bbr.org](http://bbr.org).

On the day of your donation if you are concerned for any reason that your blood may not be suitable for transfusion, please call our voicemail at **707-545-1222 ext. 343** as soon as possible. Have your donation number ready for identification.