

IT TAKES ALL TYPES to Save a life

So your donating blood.....

"Here are a few TIPS!!"



- Maintain a healthy iron level in your diet by eating iron rich foods such as red meat, fish, poultry, beans and leafy greens.
- Get a good nights sleep
- Drink an extra 500mls of water before donation
- Avoid alcohol for 24-hours prior to donation
- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.
- Relax, listen to music and talk to other donors or read during the donation process
- Eat a healthy meal before your donation. Avoid fatty foods such as hamburgers, fries or ice-cream before donating. (fatty foods can affect tests we do on your blood) if there is too much fat in your blood your donation cannot be tested for infectious diseases and the blood cannot be used for transfusion and will go to waste.
- Wear clothing with sleeves that can be raised above the elbow
- Let the person taking your blood know if you have a preferred arm and show them any good veins that have been used successfully in the past to draw blood
- Please let us know if you have any questions or concerns...

Once again, thank you for accepting the challenge!

If you have any questions contact Anna on:

anna@corporateblooddrive.com or call 7088 2139

