



# Blood Works

## Location:

Kenyatta University Teaching, Referral & Research  
Hospital

## Contact:

Phone: 123-456-7890

Email:

[info@blooddonationstation.com](mailto:info@blooddonationstation.com)

## Donation Details:

Name: Vahil Ashir

Age: 25

Blood Type: AB+

Donation units: 1

Donation type: Blood

Donation Date: 24-07-2023 14-22-14

**Wait for 56 days before donating again**

## Important Information:

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### Over the next 48 hrs:

Drink plenty of fluids to replenish the volume lost during donation.

Avoid lifting heavy weights with the donation arm or participating in strenuous physical activities or sports after donation to prevent bruising of the venepuncture site and dizziness.

If you have any inquiry use the contact information at the top of this document.

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