

# DURING YOUR WHOLE BLOOD DONATION

Try these tips to stay well

## After your arrival



Drink 2 glasses of water (approx. 500ml)

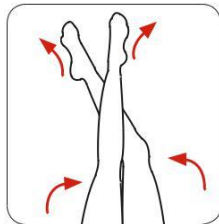
## On the couch



Do these muscle exercises before the needle goes in or comes out, before getting up, or if you feel dizzy, hot or nauseous.

1. Cross your legs
2. Squeeze your inner thigh and abdominal muscles
3. Stretch your ankles

Hold for 5 secs, then relax 5 secs.  
Repeat 5 times then switch legs.



## Enjoy Yourself!



- ✓ Watch TV
- ✓ Read
- ✓ Listen to music
- ✓ Talk to a staff
- ✓ Use free Wi-Fi

**If you feel uncomfortable or anxious at any time, tell a staff member.**

# AFTER YOU DONATE

Thank you! Look after yourself today.

## Straight **after**



Drink 2 glasses of water (approx. 500ml) in the first hour after donating.  
Relax for 15-20 mins in our refreshments area.

## For the next **6** hours

### Do



Drink at least 3 glasses of water in the next 3 hours



Eat regular meals

### Don't



Have a hot shower



Stand up for long periods



Rush around or walk for long periods



Drink alcohol



Do strenuous physical exercise



Do strenuous or hazardous occupational activities

## If you feel unwell

Lie down or sit down, and start doing muscle tensing exercises. Ask someone for help.  
If you are driving, pull over, park immediately, and call for assistance.