



DONOR TIP GUIDE

TIPS TO PREPARE FOR A POSITIVE DONATION:

We want you to feel great after you've donated. **Prior to your donation:**



Drink plenty of fluids the night before and leading up to your donation - hydration is key to a positive experience.



Eat a good meal - do not donate on an empty stomach.



Incorporate a bit **more salt** in your meals and snacks on the day of your donation.



Get **plenty of rest** prior to your donation.

Save time at your donation by filling out your LifeServe QuickPass online the day of your donation.

WHAT TO EXPECT DURING THE DONATION:

Four basic steps make up blood donation:

1. **Registration.** Donors will provide their information, signed Parental/guardian permission form if necessary, and identification.
2. **History Screening.** Donors will complete a series of health and lifestyle questions and receive a mini-physical to check temperature, blood pressure, heart rate, and hemoglobin level.
3. **Donation.** Collecting a unit of blood - about one pint - takes approximately 5-10 minutes. Donors may feel a slight pinch for a few seconds, but that is it!
4. **Snacks.** After the donation, donors will rest in the snack area and enjoy refreshments.



YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.