



Successful Donations Drive Successful Drives

A successful blood drive is not measured only by the number of units collected for the community's blood supply. An equally important factor is the safety and health of the donors. Plus, donors that feel great afterward tend to look forward to giving again.

At LifeShare Blood Centers, the donor's positive experience is key to us. Proper preparation, procedures while donating, and steps to take after donating—reminding donors to "Sit, Sip, Snack"—all contribute to a successful blood donation.

Tips for a successful donation: 5 – 10 – 15

Before you donate

- Get a good night's sleep
- Eat regular meals and hydrate
- Drink something 30 minutes before donation
- Eat a little salt, such as a bag of chips, the night before or day of your donation

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During Donation

Mostly, just relax, but here's a little exercise:

Tense your upper body muscles for **5 seconds** (don't forget to breathe!), release and relax for 5 seconds.

Now, your mid-section 1-2-3-4-5 . . . Relax.

Finally, your legs 1-2-3-4-5 . . . Relax. Repeat.

One more thing...**Speak Up!** If you begin to feel faint, dizzy or queasy sit or lie down and tell someone immediately.

Avoid strenuous activity for the next few hours, and we'll see you at the next blood drive!

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After Donation

When you have completed your donation and are ready, sit up on the bed and **count to 10**.

You probably feel great and can go to the refreshment area. If you feel a bit lightheaded, do not stand up. Tell someone right away.

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Sit, Sip, Snack!

Sure, saving lives may be easy for you, but you deserve a break!

Sit for at least **15 minutes**.

Sip on a refreshing drink. Get started increasing your liquid intake for the next 24 hours.

Snack on something good.



Frequently Asked Questions About Blood Donation

Q: Who might use blood?

A: One in three people need blood in their lifetime. If you don't need blood, it's almost certain that someone close to you will. As a community blood center, we provide the blood to hospitals and medical facilities in the community.

Q: Is it safe? Does it hurt?

A: Donating blood is safe. All materials are used once, and then discarded. You cannot get any infectious disease by donating blood. The actual needle stick hurts no more than a pinch. Most people feel great afterward, but we always recommend that you be well hydrated and eat a good meal in advance. Eating a little salty food within the 24 hours before you donate may also be helpful.

Q: How long does it take?

A: The entire donation process takes less than 60 minutes (automated donations may take longer). This time includes the interview before the donation, the mini-physical, and the refreshments afterwards. For your safety, you must stay in the refreshment area for at least 15 minutes following the donation.

Q: I am sixteen, can I donate?

A: Yes, in general, volunteer blood donors must be 16 or older, in good health, and meet the height/weight requirements.

On the day of the donation donors 16 years of age:

- Must bring the signed Minor Donor Permit when donating
- Show ID containing photo, name, and date of birth or blood center assigned donor number
- Have eaten a healthy meal prior to donating
- Drink 16 oz. of water 10 - 30 minutes before donating. (Soda, coffee and tea don't count.)

Q: What kind of physical activity can I do afterward?

A: After sitting for at least 15 minutes, you may resume normal activity. However, not do any strenuous physical activity or lift heavy objects for four hours. Be sure to increase your water intake, and eat well at your next regular meal.

Contact **LifeShare Blood Centers** at **800.259.7253** if you have any concerns after donating.