

POST DONATION INFORMATION

Thank you for your donation! We look forward to seeing you again! Your donation will help patients within our Health System.

We hope your visit to our Blood Donor Center or Blood Drive has been a pleasant experience. Please take a few minutes to go over this important information. It will explain what you need to know after this donation.

AFTER YOUR DONATION

FREQUENTLY ASKED QUESTIONS

<ol style="list-style-type: none"> 1. Please eat and drink something in our refreshment area before leaving. 2. Drink more fluids than usual for the next four hours and do not skip meals today. 3. Do not smoke for at least 30 minutes. 4. Avoid drinking alcohol beverages today. Also avoid consuming alcohol until you have eaten. 5. Leave your pressure bandage on for 1-2 hours. If bleeding does occur, raise your arm and apply firm pressure for another hour. Bruising at the site may occur. Applying ice to the site intermittently may ease any discomfort and further bruising. 6. If you feel dizzy, lie down or sit down. Elevate your feet if possible. The dizziness should subside within thirty minutes. Avoid driving or operating heavy equipment until you feel well again. 7. Do not lift heavy objects for 12 hours. 8. Do not participate in any strenuous activity for twenty-four hours. 	<ol style="list-style-type: none"> 1. <u>How much blood has been removed from me?</u> <i>You have approximately 8 to 12 pints of blood in your body. We have removed approximately 1 pint.</i> 2. <u>When will my body replace the blood that I have donated?</u> <i>Approximately 2 to 4 weeks</i> 3. <u>How do I find out my blood type?</u> <i>You will receive a wallet card with your blood type in the mail within a few weeks. If you do not receive the card, please call (508) 862-5663.</i> 4. <u>What if I get a bruise (hematoma) or have soreness at the needle site?</u> <i>This can occur as a result of a needle going into your arm and usually will decrease after a few days. To ease discomfort, apply ice during the first 24 hours in 20-minute increments and heat in 20-minute increments after 24 hours, this may also diminish the discoloration of the bruise. In the unlikely event that bruising worsens or prolonged soreness increases or you experience other unusual symptoms, call your doctor. Contact us with any additional questions. Call (508) 862-5663.</i>
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Call Back Instructions: If you decide that your blood may not be safe to give to another person or you are in one of the following high-risk groups, you **must** call **(508) 862-5663**. Please leave your Unit Identification Number and the date of your donation. It is not necessary to leave your name or any other identifying information. All phone calls are strictly confidential.

- Men who have had sex with another man in the past 3 months
- Past or present abusers of intravenous (IV) drugs
- Hemophiliacs and persons who have received clotting factor concentrates for the treatment of hemophilia
- Men and women who have engaged in sex for money or drugs in the past 3 months
- Persons with signs and symptoms or laboratory evidence of HIV or Hepatitis
- Sexual partners (male or female of individuals in any of the above categories, and persons who have been their heterosexual partners)
- Persons who have had or have been treated for syphilis or gonorrhea during the preceding 3 months

Please notify us if you develop any illness with fever, such as the 'flu' in the next 3 days, or if you develop jaundice or hepatitis. This information is necessary for the protection of the recipient of your blood.