What should I do now?

When you leave the clinic follow these simple instructions

For the rest of the day, drink plenty of fluids such as water or juice (avoid alcoholic beverages).
Avoid strenuous activity for 6 to 8 hours.

When you get home, remove the bandage and wash the donation area with soap and water to prevent a skin rash.

If you feel faint after leaving the clinic...

Sit down for a few minutes with your head between your knees or lie down.
If you are driving, safely pull over and park.
Resume driving only when fully recovered or call for help.

At home, get plenty of rest, drink fluids such as water or juice and avoid strenuous activities.

Consult a doctor and call Canadian Blood Services if:

You faint and symptoms persist, get worse, or are concerning to you.
A bruise develops with increasing pain, swelling, tenderness, redness or onset of fever.
You have arm pain, tingling or numbness that worsens or is concerning to you.

If you get a bruise

Gradually resume normal activity but do not do any heavy lifting for 24 hours.
Apply ice on and off if there is swelling.
Use acetaminophen (Tylenol) for pain.

For the safety of the blood supply please notify Canadian Blood Services at the number below if:

You decide for any reason that your blood should not be used.
You develop an illness or diarrhea within the next week.
You are diagnosed with West Nile Virus within the next 14 days.
You test positive for Hepatitis or HIV within the next 12 months.

If you experience arm pain, tingling or numbness...

Use acetaminophen (Tylenol) for pain.
Apply ice on and off if swelling or a bruise is present.
Avoid arm movements that make the symptoms worse.

To prepare for your next donation...

Have something to eat in the hours before donation.
Drink liquids such as water or juice just before donation.

For your next appointment or for questions

online: www.blood.ca
phone: 1 888 2 DONATE (1-888-236-6283)

About iron

Blood donors lose iron with each donation.
Although we check your hemoglobin on each donation, your iron stores may be low.
Consider taking an iron-containing supplement.
If you donate more than twice a year, talk to your doctor about checking your iron (ferritin) and taking iron supplements.

Eat a diet rich in iron-containing foods.
See www.blood.ca, search “iron” for more information.