

*Someone's **life** depends on **YOU.***

Dizziness, fainting, nausea

Dizziness, fainting and nausea are not uncommon post-donation occurrences. When the body loses blood, the blood vessels constrict to make up for the loss of blood. This keeps the blood pressure normal. In some people, this process doesn't compensate as well as in others, and they become dizzy and lightheaded. Some people are also prone to what is called a "vaso-vagal reaction." These people actually have their blood vessels relax rather than constrict during blood donation, causing a drop in blood pressure.

Occasionally, some people may become dizzy or light headed until several hours after a blood donation. This may be due to the loss of blood and being dehydrated before the donation.

Here are some tips to avoid problems with dizziness and fainting:

- Drink plenty of fluids before and after donation. However, avoid caffeinated beverages or alcohol.
- If you feel symptoms of dizziness, either lie down so that your head is lower than the rest of your body, or sit down with your head between your knees.
- Avoid strenuous activities after blood donation.

If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201. Your comfort and well-being are important to us.

