

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

Save a life in an hour: The blood donation process

Before donating:

- Get a good night's sleep.
- Drink plenty of fluids in the 24 hours before donating.
- Eat a good meal one to four hours before donating – **don't skip breakfast!**
- Avoid caffeine for a few hours before giving. It can increase your pulse rate.

At the blood center or blood drive:

- Bring a picture ID and a list of any medications you are taking.
- Answer some questions about your health and lifestyle choices.
- Receive a mini-physical to check your blood pressure, temperature, pulse rate and iron level.
- RELAX, take a few deep breaths and before you know it, you will have given a gift that will help up to three people.
- Tell the blood collection specialist immediately if you have any odd feelings such as hot or cold sensations, fatigue, pain or lightheadedness. We will elevate your legs and give you an ice pack to put under your head to help make you more comfortable.

After donating:

- Sit and enjoy refreshments for a few minutes.
- Drink plenty of fluids.
- Avoid heavy lifting with your donating arm — yes, this includes backpacks!
- Leave your bandage on for four to six hours.
- Don't skip meals.

You can help save **THREE** lives with **ONE** blood donation!