



**American Red Cross**

*Together, we can save a life*

## Tips For A Successful Blood Donation

### **Drink extra fluids before your donation.**

You can begin to drink extra fluids the day before your donation. Water and juices are great, but try to avoid a lot of caffeine.

### **Be sure to eat!**

Don't skip breakfast or lunch on the day of your blood donation. Your body will need extra energy to donate a pint of blood. You will also feel better after donating if you have eaten a meal a few hours before.

### **No strenuous exercise before or after donating.**

If you exercise before donating, be sure to drink even more fluids to replace what you lost during your work out.

### **Don't drink hot liquids, smoke or chew gum just prior to donating.**

This can cause your temperature to be falsely elevated.

### **Wear comfortable clothing.**

Wear clothing with sleeves that can easily be rolled up above the elbow, as well as something that you will feel comfortable in while on the table during the donation process.

### **Relax!**

You may feel a little nervous, especially if this is your first time donating blood. Most people find that donating blood is much easier than they imagined, and fun too!