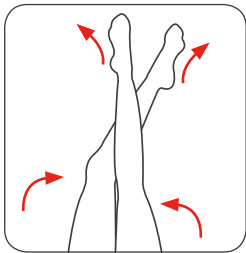
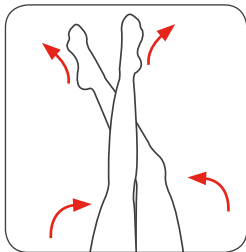


# IMPROVING YOUR FLOW RATE

Tensing and relaxing your inner thigh and abdominal muscles during blood donation helps to maintain an optimal flow rate and lower your chances of feeling light headed.

Follow the below exercises to help improve your flow rate:

- 1. Cross your legs squeezing your inner thigh and abdominal muscles.**
- 2. Stretch your ankles. Hold this position for 5 seconds.**
- 3. Staying in the same position, release your muscle power and relax for 5 seconds.**
- 4. Repeat this exercise for 5 sets.**
- 5. Carefully switch your legs and repeat the same exercise.**



At the conclusion of your blood donation, please return this card to a staff member.

# Helpful hints

## to remember when you are donating blood

### **While you are on the couch:**

- Make sure you drink another 2 glasses of water while you are waiting to donate
- Remember every couple of minutes to do the exercises shown on the other side of this card
- If you feel unwell at any time during your donation or you experience pain it is important to tell staff immediately
- Remain on the couch for 2 to 3 minutes once your donation is finished
- Sit on the edge of the couch for 1 to 2 minutes before going to the refreshment area

**Thank you for donating blood today.**