

During your donation

How to stay safe and keep comfortable while you give blood

On the couch

Do these muscle exercises before the needle goes in or comes out, before getting up, or if you feel dizzy, hot or nauseous.

1. Cross your legs.
2. Squeeze your inner thigh and abdominal muscles.
3. Stretch your ankles.
4. Hold for 5 secs, then relax 5 secs. Repeat 5 times then switch legs.



If you feel uncomfortable or anxious at any time, please let us know. We're here for you.

Enjoy yourself!

- Watch TV
- Read
- Listen to music
- Chat to our staff
- Use our free Wi-Fi

Thank you for your generosity today, we love your passion for giving life.

After your donation

Follow these steps

Straight after:

Relax for 15–20 minutes in our refreshment area.

- Have 2 glasses of water (500 mL) in the first hour after donating — follow this up with another 3 glasses (750 mL) in the next 3 hours.

In the 8 hours after:

Do

- Eat regular meals.

Don't

- Have a hot shower.
- Rush around or walk for long periods.
- Stand for long periods.
- Drink alcohol or hot drinks.

If you feel unwell:

- Lie down or sit down, and start doing muscle exercises.
- Let someone know.
- If you're driving, pull over, park immediately, lay your seat back and call for assistance.
- Call us on **13 14 95**

Keep in touch

Your health and safety are incredibly important to us. If you have any issues or questions after you leave today, it's vital that you let us know.

If you do feel unwell, faint, have any concerns, or need to see a doctor or go to hospital, please get in touch with one of our medical officers on **13 14 95**