



WHAT TO EXPECT DURING YOUR DONATION

IMPORTANT INFORMATION:

Pre-donation:

- Drinking plenty of fluids, eating a good meal, increasing your salt intake slightly, and receiving plenty of rest prior to your donation are important factors to a positive donation experience.

Donation:

- It is crucial that the health and lifestyle questions asked during the Donor History Screening process are answered with honesty. These questions are mandated by the Food & Drug Administration (FDA) to ensure a safe blood supply. All answers are confidential and used only to determine donor eligibility.
- If you feel uncomfortable or believe your blood may not be eligible for donation during any step of the donation process, simply tell a Central California Blood Center team member and we will discontinue the donation process.
- During the donation process, the vast majority of donors feel fine. However, some donors may experience dizziness, light-headedness or nausea. There may be slight pain, numbness, tingling, bruising or a red mark where the needle was inserted.

Post-donation:

- Avoid vigorous exercise after your donation.
- Do not smoke for 30 minutes after your donation.
- Do your best to drink four extra glasses of water over the next couple of days to rehydrate.
- Apply firm pressure if the needle site starts to bleed.
- Contact Central California Blood Center if you have specific care questions at (559) 389-5433.

There is no substitute for your donation, so each and every time you give, you make a difference. You save lives!

*Giving blood is safe and simple and the benefit is profound - **you will save lives.** All across the globe and right in your neighborhood, someone needs blood to fight a disease or illness, accident or injury. With your blood donation today, you will help a family during their critical time of need.*

DONATION PROCESS:

Donor History Screening 📋

We want to make sure you are healthy prior to your donation. During this step in the process you will:

- Receive a mini-physical
- Answer health and lifestyle questions
- Have your hemoglobin checked

Donation 🩸

During your donation, our professional Central California Blood Center team members will take great care of you! Sit back and relax as one of our team members collect your donation - one pint takes about five to 10 minutes. You may feel a slight pinch, but that's it!

Snacks 🍏

After your donation, you will receive post-donation instructions and be directed to the snack area where you will rest and enjoy refreshments knowing you made a huge difference with your generous donation!

Thank you for being a blood donor!