

# Coastal Bend Blood Center

# Quick Facts:

## Tips for a Successful Donation

Follow these seven simple steps to ensure a more positive donation experience for yourself and a quality blood product for patients of the Coastal Bend.

**DRINK** plenty of liquids in the 24 hours before donating to help replace the fluid lost during your donation.

**AVOID** caffeine prior to your donation. Consuming caffeine during a meal reduces your body's ability to absorb the iron in the food you are eating. This is particularly important for women donors, who are often deferred from donating blood because of a low iron count.

**GET** a good night's sleep.

**STEER** clear of strenuous activity and heavy lifting for the remainder of the day following your donation.

**EAT** a healthy meal one to four hours before donating. Avoid fatty foods, such as fast food, before donating as these foods can have an adverse effect on certain blood products and could cause some blood products to be unusable.

**REFRAIN** from the use of tobacco and/or alcoholic products for at least one hour following your donation.

**BRING** a picture ID to the blood drive and a list of any medications you are taking.

**RELAX** and enjoy the water, juice and cookies provided by the Blood Center following your donation.

**For more information**

Call the Coastal Bend Blood Center at 1-800-299-4943 or visit our website at [www.coastalbendbloodcenter.org](http://www.coastalbendbloodcenter.org)