

For a better donation experience



STEP 1

Day before...

HYDRATE

Increase your fluids the day before donating.



STEP 2

Evening before...

EAT SALTY SNACKS

Increase your salt intake the evening before donating.



STEP 3

Night before...

GET SLEEP

Get a good night's sleep prior to donation day.



STEP 4

Morning of...

EAT BREAKFAST

Eat a well balanced breakfast the morning of your donation.

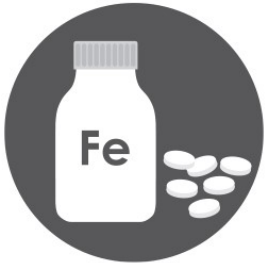


STEP 5

Right before...

HYDRATE

Drink water right before your donation.



After your donation... IRON

When you donate blood, you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.