



THE UNIVERSITY OF CHICAGO MEDICINE

Blood Donation Center

Important Things to Know After Donating Blood

1. Please remain in the donor area for at least 15 minutes after donating your blood.
2. Eat a snack and drink something before you leave the Donor Room.
3. Drink extra fluids (nonalcoholic beverages) on the day and day after you have donated.
4. Leave the pressure bandage on for 2-3 hours post donation.
5. If you feel faint or dizzy after leaving the donor room, sit down immediately. If such a feeling continues, call the Donor Room (773) 702-6247 or your physician.
6. In case you should have some bleeding from the needle wound in your arm, raise your arm and apply firm pressure for 5 to 10 minutes with your fingers over the bandage. If this does not stop the bleeding, you should return to the Donor Room or consult a physician as soon as possible. The skin around the needle puncture may become discolored. This is due to the leakage of a small amount of blood from the punctured vein.
7. You may resume your normal activities following an adequate rest period of 30 minutes.
8. Do not engage in dangerous activities, excessive exercise or strenuous work for 24 hours.
9. It is best to refrain from smoking for at least three hours post donation.
10. Contact the Donor Services (773-702-6247) if:
 - a. Any illness develops within the next few days.
 - b. Information becomes available when you feel your blood donation may not be suitable.
11. The usual interval for blood donation is every eight weeks.

Thank You for Donating!