




# Donation Instructions

Thank you for donating! Please read this page to learn about things you can do to have a pleasant and safe experience before, during and after your donation.

<p><b>Pre-Donation</b></p> 	<p><b>Consume</b></p> <p>Drink 16oz of water or juice 30 minutes prior to your donation. Eat a well-balanced meal.</p>
<p><b>During Donation</b></p>  	<p><b>Squeeze</b></p> <p>You can keep your blood moving by making a fist every few seconds while you donate.</p> <p><b>Applied Muscle Tension</b></p> <p>It's a fancy name for an easy exercise to do while you donate, especially toward the end of your donation:</p> <ul style="list-style-type: none"> <li>• <b>Contract or squeeze your calf, thigh and buttock muscles</b> for about 5 seconds.</li> <li>• <b>Relax</b> for about 5 seconds.</li> <li>• <b>Breathe</b> normally.</li> </ul> <p><b>Repeat</b> the squeeze/relax routine at least 3 to 4 times per minute.</p>
<p><b>Post-Donation</b></p>	<p><b>Post Donation Instructions</b></p> <ul style="list-style-type: none"> <li>• Relax in our refreshment area for approximately 15 minutes.</li> <li>• Drink plenty of non-alcoholic fluids, eat well and don't skip meals.</li> <li>• Leave the bandage on for at least 4 hours.</li> <li>• Raise your arm and apply pressure to the bandage for at least 5 minutes if bleeding occurs.</li> <li>• Avoid heavy lifting and strenuous exercise.</li> <li>• Avoid activities that may present a hazard to you/others.</li> <li>• If you start to feel lightheaded:             <ul style="list-style-type: none"> <li>▪ Lie flat on your back and put your feet in the air or on a chair. If you cannot lie down, squeeze your calf, thigh and buttock muscles at 5-second intervals. Repeat at least 3 to 4 times per minute.</li> <li>▪ Do not stand up suddenly.</li> <li>▪ Do not lean over and straighten up suddenly.</li> <li>▪ Ask someone to walk with you if you must use the restroom or climb stairs.</li> </ul> </li> <li>• If you develop a bruise, apply ice wrapped in a towel to the area for 30 minutes, 2 or 3 times the first day. If you're still sore the next day, apply a warm, moist towel to the area for 30 minutes 2 or 3 times.</li> <li>• If you don't feel well after you leave, please call us at the number below. If you elect to seek immediate medical care, please notify us after you've seen your health care provider so we can make a note in your donor record.</li> </ul>
<p><b>NOTE: If you are a Fresenius Kabi USA, LLC employee and are not feeling well after leaving the Donor Room and returning to work, contact a member of the MERT Team per the Fresenius Kabi USA, LLC Emergency Action Plan.</b></p>	

**Fresenius Kabi Donor Room: 847-550-5732**