



# Before You Donate...

- Include iron-rich foods in your diet.** An iron-rich diet can help keep hemoglobin levels within an acceptable range for donating. Consistent, long-term consumption of meats, leafy greens and/or other iron-rich foods is the key.
- Know where you've been and when.**  
In accordance with FDA regulations, donors may be deferred based on travel to areas exposed to vCJD (the human form of mad cow disease), malaria or other illnesses during specified time frames.
- Know the medical conditions you have, the medications you are taking.**  
For your safety and the safety of blood recipients, donors on certain medications may be deferred or required to wait before donating. For your convenience, you may call our nursing staff ahead of time with your information (845-9966 ext. 739) or bring in the labeled prescription bottles at the time of your visit.
- Drink 8-10 glasses of water.** Keep your body hydrated in preparation for a loss in body fluid. Avoid coffee, alcohol or caffeinated beverages that dehydrate the body.
- Get adequate rest,** typically eight hours of sleep, the night before your donation.
- Eat a hearty meal.** Be sure to have a good breakfast on the morning of your donation and full meals throughout the day.
- Bring a valid photo I.D.** (High school donor I.D.'s must include a birth date).



*Give Blood. It's Safe. It's Simple. It Saves Lives.*