

Safety First

Second Thoughts

Any second thoughts about the safety of your donation? If you have any reason to believe your blood may not be safe to give to another person, please let us know immediately.

Post Donation Illness

Within 14 days after your donation, please call us if you have signs of an infection or flu-like illness. In particular:

- Fever greater than 100°F
- Muscle and or joint aches or weakness
- Headache
- Eye pain
- Skin rash
- Loss of appetite, nausea or vomiting
- Bleeding/easy bruising
- Swollen lymph glands



808-845-9966



Thank You for Saving Lives!



*I wouldn't
have a daddy
without you"*

Tom, Blood recipient. With daughter Maria.

Please make your next appointment
Call 808-848-4770 | www.BBH.org
Toll-free 1-800-372-9966

Post Donation Care

THANK
YOU
— for —
SAVING
LIVES



Blood Bank of Hawaii

After Your Donation

HELPFUL TIPS

Here are some tips to help your body compensate for the blood lost during donation.

Rest



After donating, rest for at least 5 minutes before getting up. **Avoid strenuous activity, exercise and heavy lifting for the next 24 hours.**

Eat



Enjoy refreshments in the canteen and relax for at least 5 to 10 minutes before leaving. **Do not skip any meals for the next 24 hours.**

Drink



Drink plenty of fluids over the next 24 hours. We suggest **4 glasses (8 ounces each) in the first 4 hours** and at least 4 more during the next 24 hours.

Prevent Bruising



Leave the bandage on your arm for **4 to 6 hours** and avoid heavy lifting for 24 hours.

BRUISE NEWS

Occasionally, blood donors get a hematoma, the medical term for a bruise or small lump in their arm during or after blood is collected. The discoloration is caused by bleeding from the vein into the tissue and is not cause for alarm.

Symptoms

Discomfort, tenderness, and/or familiar “black and blue” bruising around the needle insertion site, ranging from a small dot to a large area that may spread up or down the entire arm. While usually occurring at the time of donation, bruising may appear later and last up to 3 weeks.

Treatment



For the first 12 hours after donating, periodically **apply an ice pack** to the affected areas.



After 12 hours, periodically apply a **warm compress** to the affected area to provide relief from any discomfort.



Avoid heavy lifting, pushing, or pulling with the affected arm for the first 24 to 48 hours to prevent worsening of the hematoma.



Watch for worsening redness, swelling, or streaks in the area, especially associated with fever or chills, which may indicate infection.

FEELING FAINT

Sometimes blood donors experience a vasovagal reaction, the medical term for feeling faint. A number of factors, including younger age, lower body weight, lack of sleep, inadequate food or fluid intake, and overall sensitivity to donating blood, may increase the likelihood of having such a reaction.

Symptoms

Weakness, dizziness, light-headedness, cold sweats, nausea, vomiting, feeling faint, and less commonly, fainting.

Treatment

Our collection staff is trained to appropriately care for you until you have completely recovered and are ready to leave. If symptoms recur, immediately **lie down with your legs elevated** for 15 minutes. Once you're feeling better, get up slowly.



If symptoms do not resolve, seek medical attention or call 911 if it is an emergency.

If you experience any adverse reaction or have questions, call Blood Bank of Hawaii at 808-845-9966.