



POST BLOOD DONATION INSTRUCTIONS

Dear Blood donor,

Thank you for your blood donation. Please spread the message of blood donation and motivate your friends to donate blood. Please follow the post blood donation instructions given below.

- Apply pressure at the area pricked for collecting blood for 5 minutes.
- Rest for 10-15 minutes in the blood centre's refreshment room.
- Have something to eat and drink before leaving the blood centre.
- Keep your shirt sleeve rolled up until you leave the blood centre. If bleeding from the needle puncture site occurs, raise your arm and apply pressure for 5-10 minutes or until the bleeding stops.
- If you feel faint, dizzy, flushed, too warm or suddenly weak, lie down with your foot elevated or sit down with your head between your knees until you feel better. If symptoms persist, return to the blood centre or visit the nearest hospital. If you have none of these symptoms, you may resume your normal activities.
- Kindly avoid driving for 60 minutes after blood donation.
- Bandage may be removed after 6 hrs.
- Increase your fluid intake by one and half litre in the next 24 hours.
- Eat nutritious food .Include green leafy vegetables, date fruit,gooseberry, jaggery etc in your diet.
- Avoid alcoholic drinks for next 24 hours.
- Avoid smoking for at least 2 hours after blood donation.
- Avoid strenuous exercise or lifting weights for 24 hours.
- Sometimes the venipuncture area may appear bruised. Apply ice at frequent intervals during the first 24 hours. This discoloration will disappear in a few days. If severe pain or discomfort develops, call blood centre at the number given below.
- Blood may be donated once in 3 months by males & 4 months by females.

If, for any reason, you feel that your blood should not be used, please inform us at the earliest or within 2 days, at **0484 668 6315** or by email **bloodbank@aims.amrita.edu**

Thank you once again & We look forward to seeing you again !