

🔴🔴 Post-Donation Information 🔴🔴

For donation related comments or suggestions regarding your donation, please call 210-249-4483 (GIVE).

A few simple precautions following your donation may help you avoid any post-donation complications.

- Have a snack and something to drink in the canteen. Rest about 10-15 minutes.
- Increase your fluid intake for the next 24-48 hours, but avoid drinks with caffeine or alcohol.
- Eat well and do not skip meals.
- Avoid smoking for at least 30 minutes after donating.
- Avoid lifting more than you are accustomed to and avoid strenuous activities for the next 6 hours.
- Leave the bandage on your arm for 4 hours.

What you might experience after donation:

Dizziness:

- If you feel dizzy or lightheaded, lie down with your feet elevated and rest until the feeling passes.
- If driving a car, pull over immediately.
- Avoid overheating and increase fluid intake for the next 48 hours.
- If the symptoms persist, please call the Donor Reaction Hotline.

Bleeding:

- If the site where the needle was inserted begins to bleed, raise your arm and apply pressure for 15 minutes.
- Applying a cold compress to the site may help as well.

Bruising:

- If bruising or swelling develops, apply a cold compress to the area for 15 minutes every 4 hours for the first 24 hours or until the swelling decreases.
- After 24 hours, apply warm compresses for 15 minutes every four hours to alleviate discomfort.
- Avoid taking aspirin for pain as it may increase bruising.

DONOR REACTION HOTLINE: 210-379-0428 or 877-665-3667

- For **IMMEDIATE ATTENTION** regarding a reaction or injury related to your donation, contact the Reaction Hotline.
- For NON-EMERGENCY post-donation reactions or injuries, call during normal business hours, 7 days a week.

South Texas Blood & Tissue Center (STBTC) does **NOT** assume any financial responsibility to reimburse the donor for laboratory/diagnostic testing or medical treatment related to donation.

Concerns after donation:

- If you experience redness, oozing, pus, rash or red streaks on or around the phlebotomy site, call the donor reaction hotline immediately.
- If you become ill with fever of 100.5°F or higher, or experience other signs of illness (cough, congestion, swollen glands) within 7 days of donation, contact STBTC at 800-292-5534, extension 2414, and leave a brief description of your symptoms, your name, phone number and date of birth. A staff member will return your call.
- If you realize after donating that you do not meet the screening criteria, or you feel there is a reason your blood should not be used for transfusion, please call STBTC at 800-292-5534, extension 2414, and leave a brief message, your name, phone number and date of birth.

Dengue and CHIKV

Dengue virus and chikungunya virus (CHIKV), are transmitted to humans by infected mosquitoes and outbreaks have been reported across the world. Although you reported feeling completely well and healthy at the time of your donation, you may still have been infected with dengue virus or chikungunya virus during your travel and not feel anything. In this situation, you may develop symptoms within the next two weeks including: fever $\geq 100^\circ\text{F}$, eye pain, headache, a rash, muscle and/or joint aches or weakness, bleeding or easy bruising (unrelated to your blood donation). If you have traveled to an area with a current outbreak of Dengue or Chikungunya and developed 2 or more of the above symptoms, **please** notify STBTC as soon as possible at (210) 249-4414 or (800) 292-5534, ext. 2414.

THANK YOU

**We are grateful for each donor who comes to a donor room or mobile drive.
Whatever donation you make, patients are thankful for your lifesaving effort.**

Visit our website at southtexasblood.org or call 210-731-5555 for more information about blood donation, scheduling a donation online, setting up a blood drive, and donor room locations.



**South Texas
Blood & Tissue Center**

A SUBSIDIARY OF BIOBRIDGE GLOBAL



Connect for Life

6211 IH 10 West at First Park Ten Blvd San Antonio, TX 78201
southtexasblood.org 210-731-5555 800-292-5534

🔴🔴 Recommendations 🔴🔴

Flex your way to a better donation

Some people can feel lightheaded or dizzy during a blood donation, but there's a technique you can use to avoid those unpleasant side effects, and it's as simple as flexing your muscles. Here's what to do:

- Once your donation has started, flex your free arm – curl it like you were lifting a weight – count slowly to five, then lower your arm.
- Relax your whole body as you count to 20.
- Flex your abdomen and count slowly to five.
- Relax again as you count to 20.
- Flex your legs – or if you prefer, cross and uncross your legs as you count to five.
- Relax again.
- Repeat the cycle.

Research has shown this flex-and-relax system temporarily boosts your blood pressure and heart rate, preventing the sensation of lightheadedness or dizziness.

You, Iron and Blood Donation

Much of the iron in your body is contained in hemoglobin, the protein in red blood cells that carries oxygen throughout the body and gives the cells their color. Your body needs iron to replace the red blood cells you give in a donation, and it can come from your iron stores or from iron in the foods you eat.

Most donors need more iron

When you donate whole blood, you lose 200-250mg of iron. The temporary drop in iron may have no effect. Some groups such as women and frequent donors may have low iron stores. Low iron levels also reduce your ability to give blood in the future.

Symptoms of low iron

If your body does not have enough iron, you may feel tired, have problems concentrating, not be able to exercise as much as normal, or have complications with pregnancy.

Increasing your iron

Eat a well-balanced diet with iron-rich foods such as: red meats, seafood, beans, dark green leafy vegetables, dried fruits and iron-fortified cereals. A couple of other ways to increase your iron stores are as follows:

- A multivitamin with 18 mg iron taken for at least 60 days
- An iron supplement of 18 mg taken daily for at least 60 days

Check with your doctor before taking any iron supplements. Your physician or pharmacist can help with the dose, type, and duration of iron supplements. Iron supplements may be harmful to some people or mask conditions associated with gastrointestinal blood loss, if you have a personal or family history of hereditary hemochromatosis, or familial polyposis or colorectal cancer.

Unfortunately, taking a single big dose of iron won't work, since your body can absorb only a little each day. That's why we recommend the steady dose for two months, which gradually replaces the iron in your body.

Questions?

If you would like more information, feel free to call our nursing staff at 210-731-5555, Extension 2243.



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