

Tips for a Pleasant Donation Experience

Weeks before

1

Check and build

- Check your eligibility on www.hsa.gov.sg/eligibility_quiz
- Make an appointment and fill up the questionnaire on www.hsa.gov.sg/make_an_appt
- Consume iron-rich foods to build a healthy level of haemoglobin.



Day before

2

Hydrate and sleep

- Increase your fluids to reduce the risk of fainting after your donation.
- Don't stay up late! Have a good night's sleep.



Day of Donation

3

Before donation: Eat and drink

- ✓ Have regular meals to fill up your energy! Make sure you have a **light meal 3 hours** before donation. 
- ✗ **Avoid oily food** as it may affect your blood test results. 
- ✓ Wear something comfortable with sleeves that can be easily rolled up above the elbow. 
- ✓ Have an **isotonic drink / water** right before donation to maintain good circulation throughout your body and to prevent fainting. 

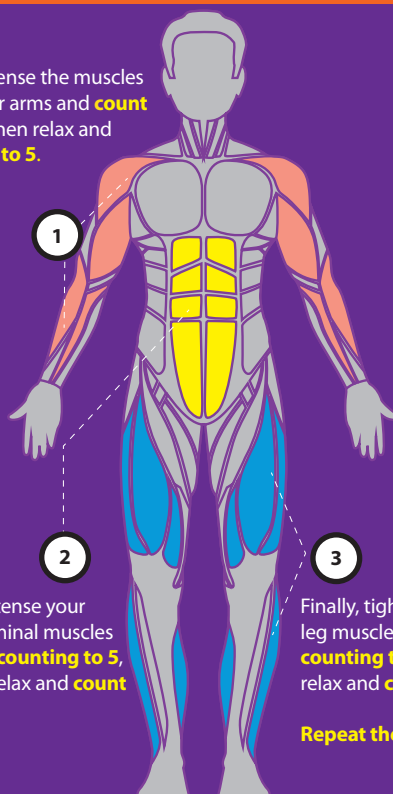
During donation: Practice Applied Muscle Tension

Applied Muscle Tension (AMT) helps to maintain blood pressure and promote wellbeing.

- ✓ **AMT Exercise:** tense for **5**, relax for **5** and repeat

AMT Exercise

First, tense the muscles of your arms and **count to 5**, then relax and **count to 5**.



Next, tense your abdominal muscles while **counting to 5**, then relax and **count to 5**.

Finally, tighten your leg muscles while **counting to 5**, then relax and **count to 5**.
Repeat the cycle.

After donation: Rest and Drink

- ✓ Practice the **10-10-10 rule**:
 - o Press firmly on your needle site for **10 minutes**.
 - o Rest on the donation chair for at least **10 minutes**.
 - o Have your refreshments and rest for another **10 minutes** at the refreshment area.

Alert our Staff!



- If you feel faint, dizzy, nauseous or weak
- If your needle site is bleeding

After Donation

Dos and don'ts



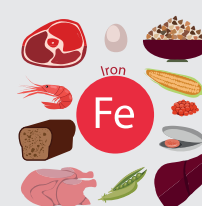
Keep the **bandage** on for **4 hours**.



Drink plenty of **fluids** in the **next 48 hours** to replace the liquid component of the blood you have donated.



Eat **iron-rich food** and take one **iron pill** every alternate day to help your body replenish iron lost through blood donation. **Avoid drinking coffee or tea when taking the iron pill** as it will hinder iron absorption.



Avoid using the donating arm to carry **heavy items** in the **next 12 hours** to prevent bruising.



Avoid strenuous activities and **standing** for long periods in the **next 24 hours** to help your body adjust to the blood loss.



Call Blood Bank!

Call **1800-226 3320 (24 hours)** immediately if:

- You feel that your blood **should not be given** to patients. No reasons required.
- You develop any of the following symptoms within **2 weeks** of donation:



Feel unwell



Sore throat



Fever



Red eyes



Rash



Cough



Generalised joint or muscle pain



DonateBlood

Health Sciences Authority

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