



the **BASICS** to donating blood



- MINIMIZE CAFFEINE
- DRINK WATER
- EAT TWO GOOD MEALS
- 8 HOURS OF SLEEP
- CONSENT SIGNED

BEFORE

- PRESENT PHOTO ID
- VERIFY INFORMATION
- TAKE QUESTIONNAIRE
- MINI-PHYSICAL
- DONATE (ABOUT 10 MIN)

DURING

- SNACK TIME
- DRINK WATER
- RELAX (AT LEAST 10 MIN)
- BRAG ON SOCIAL
- TAKE IT EASY

AFTER

45 - 60 minutes