

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.



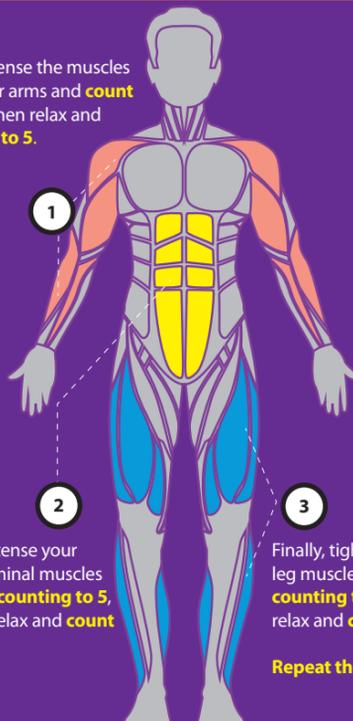
During donation: Practice Applied Muscle Tension

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



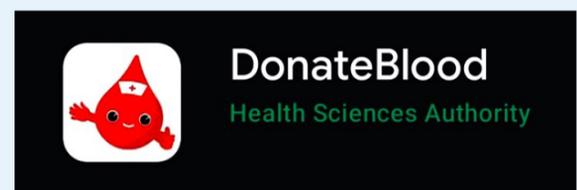
Rash



Cough



Generalised joint or muscle pain



Download the DonateBlood App Today!

Keep track of your donation milestone, make donation appointment and complete your questionnaire all in one app.

Scan to download the app



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