

# **INSTRUCTIONS TO DONORS AFTER BLOOD DONATION (BD-4)**



- 1. Do not lift heavy weight today from the arm from which blood has been collected.**
- 2. Do not chew tobacco or smoke for 3 hours after donation.**
- 3. Drink at least 10-12 glasses of water in 24 hours following blood donation.**
- 4. Please ensure that you have taken enough food and fluids.**
- 5. Remove the bandage after 24 hours of donation.**
- 6. If there is a feeling of giddiness, dizziness or fainting, lie down with legs raised. If symptoms persist, contact nearest doctor.**
- 7. Do not drive a vehicle for one hour after donation or derive carefully for untoward reactions.**
- 8. If you feel uneasy after leaving blood bank, please contact doctor in the blood bank.**

