



How to prepare yourself to give blood

Eat

Eat regular meals to help you avoid feeling lightheaded.

Sleep

A good night's sleep will boost wellbeing.

Drink

Drink plenty of fluids 24 hours before donating, but avoid alcohol.

Wear

Put on loose and comfortable clothing, avoid tight sleeves.

Distract

Nervousness is normal. Bring a good book or a personal device for listening to music to help you relax during your visit.

Know

Knowing your medical, body piercing and travel history will save you time.

Exercise

Should you undertake any exercise as part of your normal routine, it is advisable to avoid strenuous activity or exercise which is not usual for you before (and after) donating blood.

Also ensure you are fully recovered and well hydrated before you donate blood.