

Important safety information

After you have given blood

Important blood safety information

Thank you for donating today

We need you to help us ensure the safety of the blood supply.

If you become unwell within two weeks following your donation, or if you believe there's a reason your blood should not be transfused to a patient, please call:

Donor Helpline 0300 123 23 23

To help you stay well after you have given blood:

- If you feel faint (lightheaded or dizzy, hot, sweating, trembling or shaky, nauseous), lie down immediately, raise your feet and legs, rest until you feel better and drink plenty of fluids
- If bleeding recurs, sit down, raise your arm and press on the donation site for at least 5 minutes
- Make sure you drink plenty of fluids (not alcohol)
- Leave your plaster on for at least 6 hours and avoid wearing tight sleeves
- Avoid heavy lifting for the rest of the day
- Avoid activities which may present a hazard to you or others if you were to start feeling unwell
- Avoid strenuous exercise and heat such as in saunas and hot baths

If you need further advice, faint or experience any prolonged after-effects from your donation please call:

Donor Helpline 0300 123 23 23