











**CASCADE REGIONAL  
BLOOD SERVICES**  
YOUR COMMUNITY BLOOD CENTER

# **ARE YOU DONATING BLOOD? BE PREPARED PRIOR TO DONATING**

**We appreciate your willingness to donate. Your donation will be used to help save lives in our community.**

**Here are some guidelines to follow prior to donating to make sure your donation experience is as pleasant as possible.**

-  Bring picture ID or two alternative forms of identification.
-  Drink plenty of water, juice or sports drink before your donation. Try to drink at least 16 ounces prior to arriving to your appointment.
-  Avoid caffeinated beverages and tobacco products.
-  Eat a healthy meal. Your iron level will be checked before you donate, and a meal high in iron-rich foods before donating will improve your iron level. See [www.crbs.net](http://www.crbs.net) for a list of iron-rich foods.
-  Be well rested; we suggest six to eight hours sleep the night before.
-  You must be off most antibiotics for at least 48 hours before donating.
-  If you are 16 or 17 years of age, written permission is required from a parent or guardian prior to donating. You can find the form at [www.crbs.net](http://www.crbs.net).
-  People seldom experience discomfort after donating. However, if you feel dizzy or light headed at anytime following your donation, sit or lie down on the floor immediately and place your head between your knees until the feeling passes. Ask for assistance and contact CRBS immediately, if needed. If you have bleeding or bruising at the site of donation, apply pressure and/or a cold pack during the next 24 hours.

***If you have any medical questions, please call (877) 24-BLOOD and ask for a Donor Specialist.***

Following these guidelines will help you have a successful and rewarding donation experience.

## **GIVE BLOOD SAVE LIVES**

**1-877-24-BLOOD**

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**WWW.CRBS.NET**