

1. It is best to leave dressing strip and bandage in place for between 2 and 4 hours.
2. Avoid tight or restrictive clothing on the arm for 24 hours.
3. Refrain from strenuous activity, (sports or heavy exercise) for at least 24-48 hours and excessive use of the donor arm for at least 24 hours, e.g. carrying heavy parcels, briefcase, handbag.
4. Rest as much as possible.
5. Drink plenty of fluids (non-alcoholic) following each donation.
6. Take one iron and one vitamin C tablet daily up to operation time.
7. Continue a high iron diet.

Rarely you may experience some bleeding, pain, swelling or bruising. The following steps are recommended.

- a) Bleeding at the needle site -
Apply firm pressure directly over the needle site and elevate the arm until bleeding stops.
- b) Discomfort or swelling of the arm -
Elevate the arm and contact the laboratory.
- c) Excessive bruising -
Contact the laboratory. Rest the arm as much as possible.