



Thank you – you're our lifeblood

Thank you for giving blood today – the following notes are for your information.

- Have a drink and rest for at least 10 minutes.
- For at least 2 hours, leave the dressing on your arm and do not smoke.
- Today, drink plenty, avoid heavy lifting, unaccustomed exercise and excess alcohol.
- If bleeding occurs, raise the arm and apply firm pressure on the site for at least 5 minutes.
- If you feel faint or dizzy, lie down, or sit with your head between your knees.
- If you feel unwell, avoid hazardous activities.
- If you become ill in the 2 weeks following your donation, please phone Welsh Blood Service on 0800 252266, 9.00am to 9.00pm Monday – Thursday and 9.00am to 5.00pm Friday.
- At other times phone 01443 622000



welshblood.org.uk