



How to prepare yourself to give blood



Eat regular meals 24 hours before donating; and eat something substantial at least 3 hours before you donate.



Drink plenty of cold, non-alcoholic fluids 24 hours before donating, especially in warm weather.



Drink 500mls of water 30 minutes before you donate.



Wear loose and comfortable clothing, avoid tight sleeves if possible.



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



A good night's sleep will boost your wellbeing.



Come with a friend or bring a book or music to help you relax during your visit.

