

## **POST DONATION CARE**

- Drink plenty of fluids.
- In case of bleeding from phlebotomy site, raise the arm and apply pressure.
- If there is feeling of faintness or dizziness lie down or sit with head between knees.
- Remove the band –aid after 5-6 hours.
- Avoid driving soon after the blood donation.
- Do not undertake any unaccustomed exercise after blood donation.