

COUNTDOWN TO DONATING BLOOD!

Step 3: Plan your schedule at least **3** weeks before you donate and reserve your appointment.

Step 2: Eat a balanced diet including iron-rich foods for at least **2** weeks before you donate.

Step 1: Hydrate with plenty of fluids **1** day before you donate.

Having an appointment will provide you with adequate time to prepare for your donation.

Eating a balanced diet with iron-rich food helps to build your hemoglobin and red cell levels necessary for donating blood. Finally, fluids keep your blood pressure stable, improving your comfort while donating.