

# HOW TO PREPARE FOR DONATING BLOOD

Here are some simple rules to help you prepare for donating blood in the best condition possible! It is important to know as some types of food can affect the composition of your blood and this blood cannot be used for medical purposes.

## **STAY HYDRATED!**

Drink enough water and non-alcoholic fluids. To prepare your body for the loss of blood, you need to drink plenty of liquids, at least 0,5l. It should be water, but you can also have some sweet tea, soda or fruit juice. You can have a cup of black coffee too. Avoid drinking alcohol, at least for 12-14 hours before!

## **DO NOT STARVE BEFORE YOUR DONATION!**

Eat a healthy meal the night before and do not forget to eat your breakfast in the morning before the donation. For example, a light breakfast - non-fat pastry, crackers, bread, fruit, vegetables, honey, jam. But do not eat milk products, smoked meats, eggs etc.

## **AVOID EATING FAT FOODS 14 HOURS BEFORE DONATING!**

That means no butter, milk, sour cream, cream, cheese, eggs, fat meat, bacon, sausages, meat soups, fried food, chocolate, nuts, etc.

## **GET A GOOD NIGHT'S SLEEP!**

Make sure you are well-rested.

## **DO NOT SMOKE BEFORE THE DONATION!**

At least 12 hours before and 2 hours after donation.

## **STAY CALM :)**

24 hours before donating, do not expose yourself to excessive mental or physical pressure, skip training and gym.

Following these recommendations can help you make your donation experience as safe, successful and pleasant as possible. Please see also the attachment with information on who can donate blood.

**Thank you for your cooperation and goodwill to donate blood.**

Enjoy our great brunch right after the donation!



## Halloween Blood Donation

COMPETITION & BRUNCH

THURSDAY  
October 24, 2019

TIME  
8:00-12:00

BRATISLAVA  
Hotel Crowne Plaza

KOŠICE  
Technická univerzita