

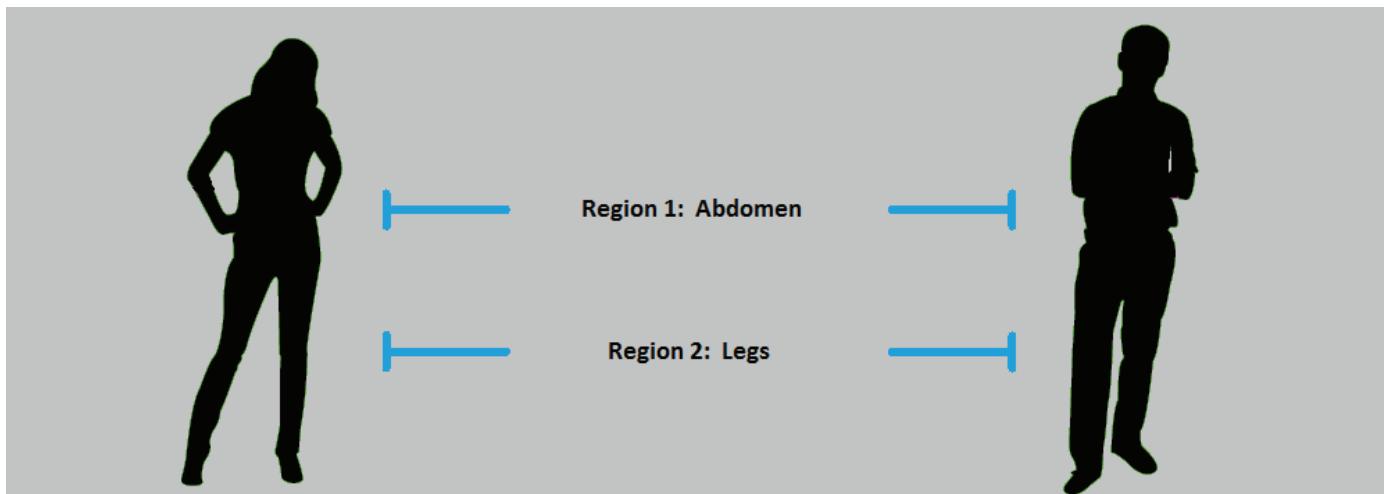
DONATION TIPS

During blood donation, some people feel light-headed or dizzy. One way to help prevent these feelings is to use Applied Muscle Tension (AMT).

AMT is a form of isometric exercise. It consists of tightening/flexing the muscles of one part of your body for 5 seconds, followed by releasing/relaxing the muscles for 5 seconds. When you are donating blood, use AMT in the muscles of your calves, thighs and abdomen.

Applied Muscle Tension Exercises

These exercises are safe and easy to perform and are recommended for any blood donation. However, if you choose not to do them as a routine, be ready to use them should you feel faint, dizzy or nauseous before, during or after your donation. AMT is a simple technique consisting of cycles of repeated contraction and relaxation of the major muscle groups of 2 regions of the body: abdomen and legs.



One group of muscles is activated at a time.

1. Tense the muscles in your abdomen. Count to 5.
2. Release the tension; relax your abdomen. Count to 5.
3. Tense the muscles in your legs (scrunch your toes) or repeatedly cross and uncross your legs (legs extended). Count to 5.
4. Release the tension; relax your legs. Count to 5.

Repeat these steps at least 5 times or throughout your donation.

Scientific studies have shown that leg crossing combined with muscle tensing is effective at reducing or averting the light-headedness or dizziness that some donors experience by producing a rise in blood pressure and heart rate. These exercises are beneficial to ALL donors but especially to donors who are young, low-weight females, first-time donors or donors with a history of easy fainting. Regardless of who you are (age, gender, donor frequency), AMT will enhance your donation experience by giving *you* tools to prevent or control symptoms. ***Try it!***

DONATION TIPS

Hydration & Salt



- **Before donation:** 10-30 minutes before donating, eat a salty snack and drink 16 ounces of fluid (water is best!).
The water causes the stomach wall to expand, triggering a reflex that temporarily increases blood pressure, while the salt in the salty snack triggers the body to release hormones that cause it to absorb more fluid and raise the blood volume. Both may help prevent the lightheadedness some donors experience during donation.
- **After donation:** Eat a salty snack and drink an isotonic drink, such as Powerade.
Isotonic drinks, like Powerade, are absorbed more quickly than other drinks. Increasing blood volume after donation by eating a salty snack and drinking an isotonic drink may help prevent post-donation lightheadedness.

After your donation, hit the refreshment area!

Upon completion of your donation, remain on the bed for 5 minutes; then dangle your feet over the side of the bed and sit for a moment. If you feel well and have been cleared by your phlebotomist, stand and walk to the canteen area where you will find replenishing hydration and snacks. **As above, isotonic drinks and salty snacks are best!**

Please remain in the canteen area for at least 10 minutes, or longer if you feel it is necessary. If you experience any lightheadedness, immediately place your head between your knees or sit on the floor. Inform a KBC staff member. These small measures can make a big difference in enhancing your experience donating life-saving blood.



All done!



Enjoy your day! You've earned it. You've helped save a life.

Avoid strenuous physical activity or heavy lifting for a few hours. If you feel lightheaded, lie down until you are feeling better.

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