

**After  
giving  
blood.**

## **Look after your arm**

Keep the dressing on for at least two hours. Avoid heavy or strenuous activity with the arm you gave blood from for the rest of the day.

## **Look after yourself**

We ask you to remain at the session for at least 15 minutes after you give blood. Make sure you have plenty to drink to replace the fluid you have lost.

It's a good idea to have a snack as well.

For your own safety, we advise that you avoid strenuous or hazardous activities for the rest of the day.

If you feel faint after leaving the session, lie down straight away.

Call us for advice on 0345 90 90 999 or seek medical help through your GP, NHS 24 **(111)**

or your local A&E department.

## **Keep in touch**

Let us know if you become unwell in the next 14 days – it may mean that your blood is not safe to give to a patient this time.

## **Contact us on 0345 90 90 999 if:**

- You feel unwell or suffer any discomfort or problems after giving blood
- You have doubts (at any time after giving blood) about whether your blood should be used for patients

**On behalf of the many patients you have helped by giving your blood – thank you.**



**Donor Care Call Line**  
**0345 90 90 999**

**[scotblood.co.uk](http://scotblood.co.uk)**

If you require this leaflet in large print, braille (English only), audio tape or different languages, please contact us at

**[scotblood.co.uk](http://scotblood.co.uk)**