



Blood Bank of Delmarva

100 Hygeia Drive · Newark, DE 19713

DONOR RECEIPT

02/01/2024

CHR

WB

Deferred until: _____

Hemoglobin: 15.2

Blood Pressure: 102/62

Contact your physician if your BP is greater than 160/90.

T: 98.7

P: 82

If you have any questions about these instructions
OR do not feel well, please notify our staff.

THANK YOU FOR COMING TO DONATE BLOOD.

To ensure your well-being, we strongly request you remain in the refreshment area for at least 15 minutes.

To prevent faintness or dizziness we suggest the following:

- If your diet permits, we suggest you eat a salty snack while in our refreshment area and increase your fluid intake by drinking at least 4 eight ounce glasses of water for 2 days.
- Avoid alcoholic beverages until after a meal and a nonalcoholic beverage.
- Avoid vigorous exercise, becoming overheated and long periods of standing for the rest of the day.

Keep your sleeves rolled above your elbows until you are ready to leave the refreshment area. Should bleeding from the venipuncture site occur, raise your arm and apply pressure until the bleeding stops.

Keep the bandage on and dry for at least 6 hours and try to avoid any heavy lifting for the rest of the day.

If you:

- smoke, please wait at least two hours.
- need to use the restroom while at the refreshment area, please make the canteen host aware.
- leave the donation site and feel weak, faint, lightheaded, nauseous or sweaty at any time – please sit and place your head between your knees or lie down with your feet elevated until assistance arrives and the feeling passes. Intermittent coughing will assist you to feel better while you remain seated.

See reverse for additional post-donation instructions.

Contact Blood Bank of Delmarva at 302-737-7003 (800-533-6957):

- For any medical concerns or questions post-donation.
- If you feel your blood should not be given to a patient or if you experience signs or symptoms of illness – contact us and provide your blood unit number:

W036924201328

APOS

DAVID

COURTNEY MARIE

- If you have questions regarding deferrals and your status as a deferred donor, contact us Monday – Friday (8 am to 4 pm).

For general questions or comments or to
make an appointment, please call 302-737-7003 (800-533-6957)
or visit us at www.delmarvablood.org

We welcome your feedback!

Thank you for giving the gift of life!