



Blood Bank of Delmarva

100 Hygeia Drive · Newark, DE 19713

1205

DONOR RECEIPT

04/26/2024

CHR

WB

Deferred until: _____

Hemoglobin: 13.2

Blood Pressure: 120/75

These results are for blood donation screening only and not to be used for diagnostic purposes.

66

98.1

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 next 24 hours.

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:

W036924207239

APOS

DAVID

COURTNEY MARIE