

**Donor Care Call Line 0845 30 17 2 70**  
**[www.scotblood.co.uk](http://www.scotblood.co.uk)**



**AFTER GIVING BL****D**

It is important that you replace the fluid that you have lost – so please - drink up. If you have never given blood before or haven't given in the last two years we recommend that you have a cold drink - this is to make it less likely that you might feel faint. We recommend that you remain at the session for at least 15 minutes after your donation to make sure that you are feeling well. It is advisable not to smoke for at least an hour. If you do, the effect of the nicotine can make you feel a little unwell.

## **In the next 2 weeks**

If you suffer from an illness or fever in the next 2 weeks it is important that you remember to let us know. An illness or infection may affect the safety of your donation for patients.

## Any Concerns

If you feel unwell or suffer any discomfort or problems after giving blood please let us know. If you feel faint after leaving the session you should lie down straight away. Call us for advice on **0845 30 17 2 70** or contact your GP.

If at any time after giving blood you have doubts about whether your blood should be used for patients, please let us know.

If you are worried about HIV or hepatitis you can talk to:

- Your GP
- National AIDS help line: freephone 0800 567 123 (24 hours)