



Tips for a Successful Blood Donation



Hydrate for 24 hours prior to your donation.



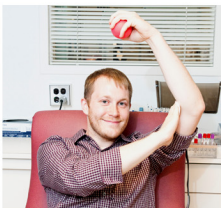
Try to get a good night's sleep the night before your donation.



Eat normally the day of your donation.



Eat foods rich in iron, such as: red meat, green leafy vegetables, shrimp, beans, peas, turkey, and lentils.



Wear a top with sleeves that can be pushed up above the elbow.

RELAX! The most important step is to relax and think about the people you will be helping!

For more information, please contact the MGH Blood Donor Center at 617-726-8177.