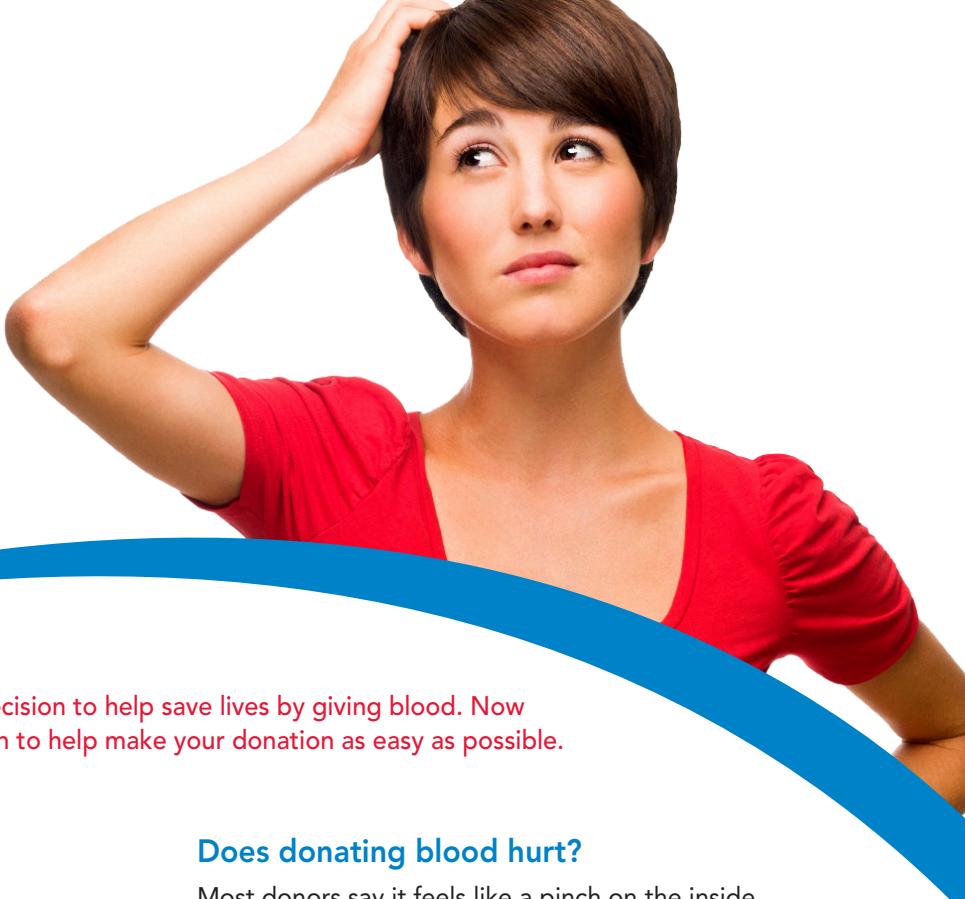


How should I prepare to give blood?



You've made the decision to help save lives by giving blood. Now here's some information to help make your donation as easy as possible.

For two weeks or more before you donate

- Eat foods that are rich in iron (see below).

The day before you donate blood

- Get plenty of rest.
- Drink extra fluids.
- Eat a good meal that includes iron-rich foods.
- Avoid drinking alcohol.

When you come to donate

- Plan on it taking about an hour for the full donation process (registration, screening, hydration, donation, and snack/rest period).
- Bring photo ID or two pieces of non-photo ID.
- Know the name of and reason for any medication you take.

Iron-rich foods include

- Beef
- Pork
- Chicken and Turkey (dark meat has the most iron)
- Lamb
- Liver
- Veal
- Fish and shellfish
- Iron-fortified cereals
- Whole-grain, enriched breads and pasta
- Lentils
- Tofu
- Dried peas and beans
- Pumpkin & sesame seeds
- Peanuts
- Raisins
- Dried apricots
- Eggs
- Green, leafy vegetables such as broccoli

Does donating blood hurt?

Most donors say it feels like a pinch on the inside of your arm at the elbow. Not bad for saving a life!

How do I find out if travel, a medical condition, or a medication will cause a problem for me donating?

- Call 1-866-MIBLOOD (642-5663) and ask to speak to someone in Donor Services.

What if I recently got a tattoo?

Most states now have regulations for tattoo parlors which make getting a tattoo safer, and Michigan is one of those states. As long as your tattoo is healed without infection AND you received the tattoo at a licensed facility in a regulated state, you may be eligible to donate just 2 weeks after receiving the tattoo. When coming in to donate, you will be asked three questions:

1. In what state did you get your tattoo?
2. Was the facility licensed?
3. Has it been more than 2 weeks since you received the tattoo?



Michigan Blood
MI blood saves lives.™