

Prepare to Give

For the most comfortable experience giving blood, we recommend you follow this guideline below. The most important thing to do before giving blood is to ensure that you eat a balanced meal and hydrate well beforehand.

1

GET A GOOD NIGHT'S SLEEP



2

DRINK PLENTY OF WATER

Drink water the day before and day of your blood donation.



3

EAT A HEALTHY BALANCED MEAL

Make sure you consume a hearty meal rich in Iron and vitamin C to enhance your donation experience.

IRON RICH FOODS

- Roast Beef
- Ground Beef
- Turkey Meat
- Eggs
- Dried Apricot
- Raw Broccoli
- Raw Spinach
- Nuts & Seeds

VITAMIN C RICH FOODS

- Cantaloupe
- Orange Juice
- Peppers
- Strawberries
- Grapefruit
- Tomato Juice
- Cauliflower
- Sweet Potato

Remember to bring a valid photo ID when you donate.

You must be at least 16 years old and meet weight requirements.
(16 year olds must have written parent or guardian permission to donate.)

Increase your **IRON** with healthy foods!

Load up on **VITAMIN C** please!

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lifeshare.org • Text DONATE to 444-999 to receive texts from LifeShare Blood Center

LOUISIANA DONOR CENTERS: **ALEXANDRIA** 2051 North Mall Drive 318.445.7439 • **BATON ROUGE** 3849 North Boulevard 225.383.7728
 • **BOSSIER CITY** 1523 Doctors Drive 318.742.4636 • **LAKE CHARLES** 214 Dr. Michael DeBakey Drive 337.436.4932 • **MONROE** 2909 Kilpatrick Boulevard 318.322.4445
 • **SHREVEPORT** 8910 Linwood Avenue 318.673.1471 **TEXAS DONOR CENTERS: BEAUMONT** 4305 Laurel Street 409.838.5289 •
TEXARKANA 4020 Summerhill Road 903.794.3173

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