

How to prepare for your donation

- Get plenty of sleep
- Drink lots of water
- Have a good meal 2-4 hours before donation
- Bring your photo ID
- No strenuous activity for 12 hours post-donation
- Feel good about saving lives!

For health or eligibility questions, please call the Clinical Program at 1-800-DONATE-1, ext. 2543 or email clinicalprogram@bloodworksnw.org, or call Lane Bloodworks at (541) 484-9111.