You can increase your iron absorption by consuming food and drinks high in Vitamin C (fruit and fruit juice) along with your iron-rich food for a successful blood donation.

Best rule? Eat regular, nutritionally balanced meals, and drink plenty of fluids.

Absorption of iron occurs within three hours of eating. Our bodies need help maintaining a sufficient iron reserve, so it is very important to add iron-rich foods to your diet to keep your iron level adequate especially as you prepare for your blood donation.

The following are examples of iron-rich food:

**Meat and Meat Substitutes:**
Lean red meats (beef, lamb, pork, veal), Poultry, Eggs, Seafood, Nuts, Beans & Others

**Fruits and Vegetables:**
Dark green and leafy vegetables, green beans, lima beans, peas, beets, cauliflower, white potato, alfalfa and bean sprouts, artichokes, dried fruit (including dates, prunes and raisins)

**Breads and Cereals**
Enriched, fortified and whole grain breads, Cereal, Grains (oats, wheat, bran)
Wild rice, & Macaroni

Consider reducing consumption of the following items which may decrease your iron absorption in preparation for your blood donation:

- Caffeinated Drinks
- High-fiber foods
- Dairy products
- Some antacid medications
BLOOD DONOR

HELPFUL INFORMATION

- Bring a Photo ID (must include date of birth) to your appointment.
- Allow at least an hour for your blood donation.
- At least one week before donating, eat nutritious meals that include iron-rich foods and increase your non-caffeinated fluid intake.
- Platelet donors should not take aspirin or aspirin-based products within 48 hours prior to donation.
- The day before donation, drink plenty of non-caffeinated fluids and get a good night’s sleep.
- The day of donation, drink plenty of water or juice and do not skip any meals.

If Your Blood Type is:

<table>
<thead>
<tr>
<th>Blood Type</th>
<th>Please Donate</th>
</tr>
</thead>
<tbody>
<tr>
<td>AB+, AB-, A+, or B+</td>
<td>Platelets, Plasma</td>
</tr>
<tr>
<td>O+, O-, A-, or B-</td>
<td>Double Red Cells or Whole Blood</td>
</tr>
</tbody>
</table>

Did you know you can make a bigger impact with your donation by choosing a donation type that matches up with your blood type? If you have questions regarding why one donation type is more beneficial for your blood type, please call 1-866-BLOODSAVES (1-866-256-6372).

Give Local, Save Local

Not sure if you’re eligible to donate? Have questions about donating? Call 1-866-BLOODSAVES (1-866-256-6372).
If you want to make an appointment, please call the number above or visit InovaBloodSaves.org.