

# SOMEONE'S LIFE IS IN YOUR VEINS.



**Gavin  
Reda**  
Life Saved

## **POM WONDERFUL BLOOD DRIVE**

**TUESDAY, OCTOBER 1ST**  
**11:00 A.M. - 3:00 P.M.**

POM Wonderful  
5286 S. Del Rey Ave,  
Del Rey, CA 93616

For More Information:



# GETTING READY

## Before You Donate

- Eat a healthy meal high in iron (tuna, spinach, quinoa, turkey).
- Drink plenty of water.
- Avoid highly caffeinated beverages (coffee, tea, soda, and energy drinks) as they can act as iron blockers.

## After You Donate

- Drink plenty of water.
- Avoid strenuous physical activity.

# WHAT TO EXPECT

## 1. Register

A photo ID is required to register, then you'll be asked to verify your name and address.

## 2. Mini-Physical and Interview

The mini-physical consists of checking your pulse, blood pressure, temperature and hemoglobin level. In the confidential interview, a trained interviewer will ask questions about your general health and medical history, as well as questions concerning risk behaviors, foreign travel and other subjects.

Your mini-physical and interview are conducted to ensure that giving blood is healthy for you and that your blood is as safe as possible for the recipient(s). All information gathered during the physical and interview is kept strictly confidential.

## 3. Whole Blood Donation

The collection of a unit, about one pint of blood takes about 15 minutes. You may feel a small pinch when the needle is inserted, but most donors do not feel any pain for the duration of the donation.

## 4. Relax

After your donation, you can enjoy refreshments to help replenish your fluids. At this time, you have the option of scheduling your next donation appointment. After you're done with relaxing and refreshments, you can resume most of your normal daily activities.