

If you have questions or concerns please call:

PVH Donor Room
970.495.8965

MCR Donor Room
970.624.1510

PVH Emergency Room
970.495.7000

Today you were interviewed by:

Today your phlebotomist was:

Today your blood pressure was:

Our next donation date is:

Your donor I.D. number is:

Your Donation Unit Number is:

Thank you for your donation

UCHealth is able to offer our patients high quality care because of the unselfish donation of blood donors, like yourself, who support the Garth Englund Blood Center.

By donating with the Garth Englund Blood Center your blood is used locally to help people right here in Northern Colorado.

Please read the information contained within this brochure.

Blood Banks
don't need blood,
people do.

Garth Englund Blood Center

Poudre Valley Hospital
1025 Pennock Pl., Suite 104
Fort Collins, CO 80524
970.495.8965

Medical Center of the Rockies
2500 Rocky Mountain Ave.
Loveland, CO 80538
970.624.1510

E-1493

uchealth

Garth Englund Blood Center

Post-Donation Guidelines



uchealth

1

Be sure to stop in the refreshment area to enjoy some juice and snacks.

2

If you feel well and healthy, you may leave.

3

For your convenience, please address a reminder card for notification of your next donation date.

4

Leave your arm bandaged for several hours after your donation.

5

You may return to work after your donation if you feel well. Caution should be taken with excessive exercise, operating heavy machinery, strenuous or high altitude work or becoming overheated.

6

Eat a meal prior to consuming alcohol after your donation.

7

Drink extra fluids for the next several hours. Your complete blood volume should be restored within 12 hours.

8

Do not smoke for at least 30 minutes after your donation.

9

Be sure to call the blood donation center 970.495.8965 if you become ill in the next seven days. The unit of blood which you donated could cause a patient to contract the same illness.

10

Call the Blood Bank 970.495.8965 if you feel your blood unit should not be used for transfusion, after considering the information regarding risk factors. There is no need to tell us your name, simply provide the unit number on the front of this brochure.

11

If the needle site should begin to bleed, raise that arm and apply pressure to the site with a clean cotton ball or gauze pad.

12

If you feel faint after leaving the blood donation center, either lie down or sit with your head lowered to your knees.

13

Please call or return to the Garth Englund Blood Center or Poudre Valley Hospital or Medical Center of the Rockies if symptoms persist or if you have any concerns as to post-donation symptoms. These could include swelling, redness or other discoloration at the needle site.