



# RECOMMENDATIONS BEFORE AND AFTER DONATION

## BEFORE



### MEAL



- FATTY, FRIED, SPICY AND SMOKED FOODS
- SAUSAGES
- MEAT, FISH AND DAIRY PRODUCTS
- EGGS AND BUTTER (INCLUDING VEGETABLE), CHOCOLATE, NUTS AND DATES



- SWEET TEA WITH JAM
- JUICES, FRUIT DRINKS, COMPOTES
- MINERAL WATER
- BREAD, CRACKERS, DRYERS
- BOILED CEREALS
- PASTA WITHOUT OIL
- VEGETABLES AND FRUITS (EXCEPT BANANAS)

HAVE A LIGHT BREAKFAST IN THE MORNING AND SWEET TEA JUST BEFORE THE PROCEDURE

## PROHIBITED BEFORE THE DONATION:



48 hours

ALCOHOL



72 hours

PRODUCTS CONTAINING ASPIRIN AND ANALGESICS



1 hour

SMOKING

### DO NOT

DO NOT SCHEDULE A DONATION AFTER A NIGHT SHIFT OR JUST A SLEEPLESS NIGHT, BEFORE EXAMS, COMPETITIONS

### BRING WITH YOU

PASSPORT  
DOCUMENT CONFIRMING THE OFFICIAL STAY IN RUSSIA AT LEAST A YEAR

## AFTER



SIT IN A RELAXED POSITION

IF YOU FEEL DIZZY OR WEAK, CALL THE NURSE

DO NOT SMOKE AN HOUR AFTER

DO NOT REMOVE THE BANDAGE

3-4 hours



## TRANSPORT

RESTRICTIONS AFTER DONATION



AFTER 2 HOURS



NO RESTRICTIONS

1 DAY

AVOID HEAVY PHYSICAL AND SPORTS ACTIVITIES, AVOID ALCOHOL

2 DAYS

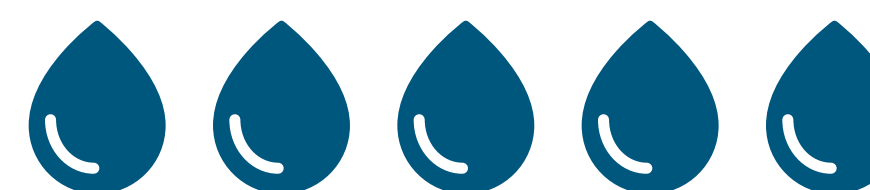
HAVE REGULAR MEAL, INCLUDING INCREASED AMOUNT OF FLUIDS

VACCINATION IS POSSIBLE AFTER 10 DAYS

## HOW OFTEN CAN I GIVE BLOOD?



### MEN



5 TIMES A YEAR



### WOMEN



4 TIMES A YEAR



## MINIMUM INTERVALS BETWEEN DIFFERENT TYPES OF DONATIONS (IN DAYS):

### PREVIOUS DONATION

### CURRENT DONATION

	BLOOD	ERYTHROCYTEPHERESIS (1 UNIT)	ERYTHROCYTEPHERESIS (2 UNITS)	PLASMA	PLATELET PHERESIS	GRANULOCYTAPHERESIS
BLOOD	60	60	90	30	30	30
ERYTHROCYTEPHERESIS (1 UNIT)	60	60	90	30	30	30
ERYTHROCYTEPHERESIS (2 UNITS)	120	90	120	90	60	60
PLASMA	14	14	14	14	14	14
PLATELET PHERESIS	14	14	14	14	14	14
GRANULOCYTAPHERESIS	30	30	30	30	30	30