

Post-donation side effects



Memorial Blood Centers is committed to providing blood donors with a positive and safe experience. Our collections staff are trained to monitor all donors to recognize, prevent, and respond to any reactions that might occur during donation. Even so, some donors still experience a post-donation reaction. Most of these reactions are mild and resolve between a few minutes and a few days.



Common post-donation reactions

Common post-donation reactions to blood donation may include a general feeling of discomfort, weakness, dizziness, nausea, or fainting. A small number of donors may experience bruising at the site of their needle insertion, ranging from immediately following donation to a few days after donation.



Preventing post-donation reactions

Because most reactions occur during or shortly after donation, we strongly encourage donors to relax at the café for up to 15 minutes after donating, eat a normal diet, avoid heavy lifting and strenuous activity for the rest of the day, and drink plenty of fluids.



Donor resources

Every donor receives a Donor Care Guide during donation. The care guide includes guidelines for post-donation care, including fluid and dietary intake, phlebotomy site care, and instructions on how to contact our Physician Services team if you experience discomfort or reactions after donating.

Any Questions?

Contact our Donor Suitability team with any additional questions or concerns about post-donation reactions at **844.213.5219** or **donormail@mbc.org**.