

Preparing for donation day

Donation day is just around the corner! Knowing how to prepare and what to bring can help make your experience more comfortable and enjoyable. Here's a quick checklist of things you might need for donation day.

If you are donating bone marrow:

- ✓ Your collection centre will provide instructions to prepare for the procedure, including any fasting requirements.
- ✓ Items to keep you entertained - after your procedure, you will be recovering for a while so take devices and reading materials to keep you going.
- ✓ While you may not be able to eat before, it's handy to bring some water and snacks with you for after the procedure.
- ✓ Bring your toiletries and a change of clothes in case the collection centre asks you to stay overnight.
- ✓ Have a rummage through the gift pack we sent you - there are some goodies that might come in handy!

We hope you have a comfortable and positive experience donating your blood stem cells and as always, if you aren't sure about something or need to ask a question, please get in touch with your Donor Support Coordinator.



**Thank you for having
the **strength to give****