

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 by PBSC:

- ✓ If you can, it's best to avoid strenuous activity during the period of administering G-CSF injections.
- ✓ Please eat a substantial, high-calcium breakfast and be well-hydrated on the morning of your donation.
- ✓ Try and take the 7 days before donation day easy and skip the alcohol too.
- ✓ If your collection centre allows it, bring a support person with you.
- ✓ You may also need to provide a photo of your most recent COVID-19 RAT/PCR test next to your photo ID to show on arrival if your Donor Support Coordinator has advised this.
- ✓ Items to keep you entertained – keep in mind you will not be able to move your arms during the procedure.
- ✓ Phone or device to listen to music or podcasts or to watch movies/TV shows. Try and download to watch offline in case there is limited Wi-Fi.
- ✓ Reading materials - books and magazines for before and after the procedure.
- ✓ Bring any left-over G-CSF injections with you in case you need an additional dose for a second day of donating.
- ✓ Wear comfortable clothes with sleeves you can roll up easily and bottoms to provide ease when going to the toilet, plus an extra pair of socks to keep your feet warm.
- ✓ Bring some water and a couple of your favourite snacks to keep you going.
- ✓ 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.