



What to Expect When Donating Plasma

- Similar to donating blood, you will be comfortably reclined during the donation. Your first donation will take approximately two hours. Return visits on average take about 90 minutes.
- A blood pressure cuff or tourniquet is placed around your upper arm to fill your veins with more blood. This makes the veins easier to see and easier to insert the needle into, and also helps fill the blood bag more quickly.
- A needle will be placed into the vein in one arm and your blood collected into sterile equipment.
- Once plasma is separated from the red blood cells, white blood cells and platelets, it will then return to you through the same needle in your arm.
- At the end of your donation, you will be given fluids to help replace the plasma.

Before and After Donating Plasma

- Drink plenty of fluids the day of, such as water or juice and have a healthy breakfast. Avoid drinks such as coffee, tea or alcohol as they can dehydrate you.
- Avoid fatty, oily or greasy meals before your donation, as these could affect the quality of your plasma.
- After donating, drink extra fluid for the next few days. Also avoid strenuous physical activity or heavy lifting.