This Donor Information Sheet was designed to help you have a problem-free donation and keep your total donation time between 35 and 55 minutes, provided you follow proper dietary guidelines 24 to 48 hours prior to your donation.

**Drink Lots of Water The Day BEFORE and AFTER Your Donation**

Blood is composed of cells suspended in liquid. These cells - red cells, white cells, and platelets - account for 45% of the volume of blood. The remaining liquid portion is the plasma (90% water), which is an essential building block in many drugs and medicines. The amount of water that you drink directly impacts your donation, from the fullness of your vein when the phlebotomy is performed, to how efficiently the Auto-C Machine separates your plasma. It is important to drink up to eight 8 oz. glasses of water (or caffeine-free liquids) during the 12-hour period to and after each donation.

It is also important to remember that your intake of water should be gradual and not all at once. You are better off drinking at least eight 8 oz. glasses of water throughout the day rather than trying to drink 64 ounces before your donation.

**Watch What You Eat**

A healthy well-balanced diet is also very important to your health and thus plays an important role in donating plasma. Just like drinking lots of water, what you eat will have an impact on your donation. Your diet during this period should be non-fat or low-fat, and may include chicken, turkey, potatoes, pasta, bread, most vegetables, fruit and non-dairy products.

**Avoid Fatty & High-Cholesterol Foods**

Foods that are high in fat and cholesterol should be avoided 24 to 48 hours prior to your donation. This includes dairy products (butter, whole milk, ice cream, etc) fats or oils, fried foods, donuts, eggs, nuts, pork, steak, hot dogs, hamburgers, pizza, gravy and heavy sauces. In addition, avoid alcohol and caffeine for at least 24 hours prior to your donation.