



## Pre-Donation Information on Blood Loss and Iron Deficiency

Donating blood temporarily reduces your body's iron level. This is because the iron stored in our bodies is contained within our red blood cells. This typically does not cause significant health problems. For some, blood donation may pose greater risks. Iron deficiency may be evident even if you meet hemoglobin standards for blood donation.

Foods that are rich in iron may help to replace lost iron. Iron rich foods include: dark green, leafy vegetables, dried beans and peas, dried fruits, eggs, lean meats, enriched breads, iron-fortified cereals, nuts, seafood, spinach, tofu, and whole-grain breads. But, this may not be enough. Some may benefit from a multivitamin and/or iron supplement following donation. The supplement should contain at least 19 mg of elemental iron. Over the counter supplements are available at pharmacies.

Communication with your physician is very important. In the event that you have an appointment scheduled with your physician and you are a regular donor, you should mention that you are a donor, when you donated, your type of donation and how frequently you donate. This information will assist your physician in evaluating your health and interpreting your blood test results.

If you would like more information or to discuss specific questions, please speak with your physician or contact Rock River Valley Blood Center's Donor Advocate at 815-961-2304.

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