

Mayo Clinic Medical Edge
What to Expect when Donating Blood

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IF YOU HAD AN HOUR TO BURN WHAT WOULD YOU DO? READ A BOOK? TAKE A NAP? HOW ABOUT SAVE A LIFE? THAT'S RIGHT, SAVE A LIFE. ONE HOUR IS ABOUT ALL IT TAKES TO DONATE BLOOD.
Sergio Torloni, M.D. Track 2 (2:12)	"YOU HAVE TO BE, IN GENERAL, IN GOOD HEALTH, SEVENTEEN OR OLDER AND WEIGH AT LEAST 110 POUNDS."
	WHEN YOU FIRST WALK IN, MAYO CLINIC DR. SERGIO TORLONI SAYS YOU CAN EXPECT SOME PAPERWORK AND QUESTIONS ABOUT YOUR GENERAL HEALTH,

	<p>TRAVEL AND INFECTIOUS DISEASES. THESE ARE SCREENING PROCEDURES TO ENSURE YOU CAN SAFELY DONATE.</p>
<p>Dr. Torloni Track 2 (1:45)</p>	<p>“AFTER THE DONATION PERIOD, WHICH TAKES ABOUT 10 MINUTES, THE NEEDLE IS TAKEN OUT AND THE DONOR IS ASKED TO REMAIN SEATED FOR ABOUT 5-MINUTES.”</p>
	<p>IT’S A PRECAUTION, BECAUSE SOME PATIENTS MIGHT FEEL A LITTLE FAINT OR DIZZY RIGHT AFTER DONATING.</p>
<p>Dr. Torloni Track 2 (15:55)</p>	<p>“I THINK IT’S A GREAT EXPERIENCE WHEN YOU’RE SHARING YOURSELF, BASICALLY SHARING LIFE WITH SOMEBODY.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
