Use Applied Muscle Tension (AMT)

When to Use AMT

Properly preparing for giving blood helps reduce donor reactions. You should eat a full meal and drink plenty of fluids prior to donation. Healthy foods and beverages are best and in this case choosing meals or fluids like sports drinks that contain some salt can be beneficial as sodium helps regulate the fluid balance in the body. Another way to avoid feeling light-headed or dizzy during blood donation is to use the Applied Muscle Tension (AMT) technique. AMT is a simple behavioral technique that helps you relax and may enhance your blood donation experience by reducing the risk of becoming light-headed or dizzy. AMT is a series of exercises, which divides the body into three specific regions by muscle group - the upper body, the abdomen, and the lower body. By tightening and releasing each muscle group in five-second intervals, the chance of feeling faint is decreased.

How Does it Work

Increases central blood volume and causes the heart to pump a greater volume of blood with each heartbeat. This increases blood flow to the brain to help prevent light-headedness and fainting.

How to Perform AMT

While sitting in the donor bed:

- Relax the arm receiving the needle while tensing another region of your body such as the legs. You will be asked to squeeze and release your hand periodically throughout the donation to maintain blood flow.

- Once the needle is in place, begin using AMT by focusing on one particular muscle group at a time. First, tense the muscles in the arm not containing the needle, count to five, then release and relax your entire body for 20-30 seconds. Next, tense the muscles in your abdomen, count to five, then release and relax your entire body for 20-30 seconds. Finally, tense the muscles in your legs, count to five, then release and relax your entire body for 20-30 seconds.

- Repeat this technique until your donation is complete and prior to leaving the donor bed.

Following your donation:

- Sit and relax in the canteen area for about 15 minutes.
- AMT should be repeated again prior to leaving the canteen area.

Region 1: Upper Body
Tighten: 1-2-3-4-5
Release: 20-30 seconds

Region 2: Abdomen
Tighten: 1-2-3-4-5
Release: 20-30 seconds

Region 3: Legs
Tighten: 1-2-3-4-5
Release: 20-30 seconds
### Blood Donation:

- Blood donation makes a difference.
- Someone in the U.S. loses a blood transfusion every 3.5 seconds.
- Each donor is a hero.
- One unit of blood can save up to three lives.
- You can donate every 56 days.
- Less than 5% of the eligible population give blood.
- The blood donation process takes about one hour.
- Did you know?

**After Donation**

- Drink water or other refreshing beverage.
- Registration
- Read emotional literature, attend orientation.
- AFTER HYDRATION SESSION:
- Drink water or other refreshing beverage.
- Registration
- Read emotional literature, attend orientation.

### HYDRATION SESSION

- Hydration drink
- Snack
- Registration
- Read emotional literature, attend orientation.

### Steps

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<th>How Long?</th>
<th>Donation Process (Steps)</th>
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<tr>
<td>5 minutes</td>
<td>How Long?</td>
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**Donate**

Don’t give blood! Give blood! The following chart gives you an overview of what happens when you give blood.

- **Before you donate:**
  - Eat a good breakfast.
  - Drink plenty of water.
  - Wear comfortable clothing.
  - Relax.

- **During your donation:**
  - You’ll be asked to complete a health questionnaire.
  - You’ll be given a health questionnaire.
  - You’ll be asked a series of questions.
  - You’ll be asked questions about your medical history.

- **After your donation:**
  - You’ll be asked to complete a health questionnaire.
  - You’ll be given a health questionnaire.
  - You’ll be asked a series of questions.
  - You’ll be asked questions about your medical history.

**You donate**

- **You donate:**
  - You donate:**
  - You donate:**

**Blood Center of**

**Wisconsin**

**Your Donation**

**Enhance**

**Experience**

**How To**