

## Blood Loss Estimation Recipe

### Ingredients:

- Cranberry-pomegranate juice
- Raspberry Jell-O
- Grape jelly

### Materials:

- Measuring cup
- Spoon/stirring device
- Clinic materials—examples:
  - 4 x 4s
  - Sanitary pads
  - Chux pads
  - Lap pads

### Quantities/Disclaimer:

Much of this was trial and error, so unfortunately I do not have exact (or any) measurements. You can tailor this recipe to your needs. I found that I had the most success when using the raspberry Jell-O to thicken the “blood,” as the cranberry-pomegranate juice formed the bulk of the desired quantity on its own (e.g. 300 mL juice = 300 cc “blood”).

### Directions:

1. Pour the cranberry-pomegranate juice into the measuring cup of your choice.
2. Pour some raspberry Jell-O powder directly into the juice, adding more as necessary.
3. Stir briefly.
4. Pour, soak, or splatter your “blood” onto your materials as necessary.
5. Scoop the desired quantity of grape jelly onto any materials needing “clots.”