

INFORMATION ABOUT DONATING BLOOD

“My schedule is kind of crazy but I still find time to donate.”

– Brianna

Blood Donor &
Blood Drive Chairperson



QUESTIONS AND ANSWERS

Who can give blood?

You must be at least 16 years old, weigh at least 110 pounds and be in generally good health. 16-year-old students must have a parent or guardian sign a BloodSource Parent Consent Form. Some schools require consent forms from 17 and 18-year-old students.

How much blood do they take?

You will give about one pint of blood with each donation. For every 25 pounds of body weight, you have about two pints of blood. Your body replenishes the lost fluids within about 24 hours.

Is giving blood scary?

It's natural to feel a little nervous about your first blood donation, but giving blood is safe and easy! You'll feel a quick pinch for a moment – a minor obstacle compared to the help you're offering a patient in need.

Is giving blood safe?

Yes. Sterile, disposable needles are used only once for each donation. The only blood you are exposed to is your own.

How often should I give blood?

You can give whole blood as often as every eight weeks. And once you give that first pint of blood and find out how easy it is, why not become a regular blood donor?

Is the blood supply safe?

Several measures ensure the safety of the blood supply: the use of volunteer blood donors, confidential medical history interview, and confidential testing for infectious diseases.

Can I find out my blood type?

Yes. After your first blood donation, BloodSource will mail you a blood donor card with your blood type

POST DONATION INFORMATION

During and after giving blood, most donors feel fine. Sometimes, a donor may feel tenderness or have bruising at the site where the needle was inserted. Occasionally a donor may feel weak, dizzy or faint. This may often be avoided by eating a good meal and drinking water within four hours prior to donating. On rare occasions, a donor may experience some bleeding or an infection at the site where the needle was inserted.

SPECIAL CIRCUMSTANCES

The following are potential limitations to your eligibility to give blood:

Acne Treatment: OK if taking antibiotics for acne, but wait one month after having taken Accutane, Amnesteem, Claravis or Sotret (isotretinoin).

HIV/AIDS: You cannot give if you are in a high-risk group for contracting HIV/AIDS. For a complete list of behaviors that disqualify people from giving blood because of high risk for HIV/AIDS, please call 800.995.4420.

Allergy: Antihistamines and/or allergy injections okay.

Body Piercing: Piercings are okay if performed with single use or disposable equipment. Otherwise, one-year wait from time of procedure.

Cancer: Eligible one year after treatment is completed for most cancers except melanoma, leukemia and multiple myeloma.

Cold/Flu: Must be symptom-free for at least 48 hours. Do not give blood if you have a fever, stomach or body aches, chills, diarrhea or sore throat.

Diabetes: Acceptable if controlled by diet or medication, with no complications and no medication change for two weeks.

Drugs/Alcohol: If you are addicted to drugs or alcohol, do not give blood. I.V. drug users are at great risk for hepatitis and HIV/AIDS and may not give blood.

Hepatitis/Yellow Jaundice: Permanent ineligibility if infected after age 10.

Pregnancy: Cannot donate during pregnancy. Wait six weeks after recent pregnancy, regardless of outcome or length. For Caesarean births, wait six weeks or after doctor's release. Nursing mothers may give blood.

Tattoos: Wait one year from time of procedure.

Eligibility Questions? Call 800.995.4420.

Yes, you do save lives.

