



**American
Red Cross**

The need is constant.
The gratification is instant.
Give blood.

BLOOD DONOR FAQ

What medicines would prevent someone from donating?

In most cases, it is the condition for which the person is taking the medicine(s) that causes him or her to be unable to give blood, not the medication(s). Usually, if the condition is under control the day of the donation, the person is eligible to donate. This includes medicine(s) for high blood pressure and diabetes.

Why not wait until someone I know needs my blood?

A single trauma patient can use many pints of blood. It takes 48 hours to test and process blood. In emergency situations, it's the blood already donated that saves lives.

Is there anything special I need to do before my donation?

Be sure to eat at your regular mealtimes and drink plenty of fluids. Eat foods rich in iron, since only blood with good iron levels will be accepted for donation.

How will I feel after the donation?

Most people feel absolutely fine, or even great, knowing that they helped save a life! This is especially the case when they've eaten regular meals before the donation. Please refrain from exercising the day of your donation.

What age do I have to be to donate blood?

Donors must be at least 17 years old. In Arkansas, Illinois, Kansas, Kentucky, Missouri and Tennessee, 16 year olds may donate with a completed Parental Consent Form. There is no upper age limit on donating.

How often can I donate?

According to FDA regulations, you can donate whole blood every 56 days, platelets up to 24 times a year and double red cells every 112 days.

What happens to my blood after donating?

After donation, your blood undergoes several tests including blood type, hepatitis and HIV. Then it will be available for hospital patients. Your single donation can help save several lives.

What if I don't feel well the day of the blood drive?

For your protection and to protect the hospital patient receiving your blood, you must be well the day of your donation. If you don't feel well, please rest, recover and return to your next blood drive to make your lifesaving donation.

If you are:	You can receive:							
	AB+	AB-	A+	A-	B+	B-	O+	O-
AB+	●	●	●	●	●	●	●	●
AB-		●		●		●		●
A+			●	●			●	●
A-				●				●
B+					●	●	●	●
B-						●		●
O+							●	●
O-								●

EASY AS 1-2-3

- 1** Show a photo ID, read materials and answer a list of health history questions.
- 2** You will receive a mini health exam including checks for: temperature, pulse, hemoglobin (iron content), and blood pressure. Your answers to the health history questions will then be reviewed by a staff member, and upon meeting all the criteria, you may proceed with the blood donation process.
- 3** A Red Cross staff member will cleanse your arm and prepare you for the donation process. Most donations take about six to 10 minutes. After your donation, you will be offered refreshments to help your body begin replacing the blood you donated.

If you have any questions about donating blood or donor eligibility requirements, please call 1-800-GIVE-LIFE or visit bloodisneeded.org.