

The donation process

BLOOD DONORS MUST MEET STATE AGE-ELIGIBILITY REQUIREMENTS, WEIGH AT LEAST 110 POUNDS, BE GENERALLY HEALTHY, AND PROVIDE PICTURE ID. IT IS PREFERABLE THAT DONORS EAT A MEAL 4-6 HOURS PRIOR TO DONATING.

BEFORE

Lifeblood professionals conduct mini-physicals, free of charge. They check each donors' blood pressure, level of red blood cells, pulse, temperature. They conduct a health history by interviewing each donor, asking FDA-required questions and completing a Donor Registration Form (DRF).

DURING

The actual donation process is brief, about 10 minutes, and can be repeated every 56 days (8 weeks). The needle stick feels like a small pinch and lasts just for a second. On average, one pint of blood is collected from each donor. (The average adult has 9-12 pints of blood.)

AFTER

It's recommended that you relax for 10-15 minutes after donating. Refreshments are provided. Please drink plenty of fluids and avoid strenuous activity or exercise for 12 hours after donation. All blood is typed and tested according to FDA regulations and sent to one of more than 30 area hospitals and transfusion facilities. Each pint (unit) of blood that is donated is processed and divided into components so that one donor can help up to four different patients.



**BLOOD IS
USED TO TREAT**

ACCIDENT VICTIMS

TRANSPLANT PATIENTS

SURGERY PATIENTS

CANCER PATIENTS

ANEMIA PATIENTS

PREMATURE INFANTS

DIALYSIS PATIENTS

SICKLE CELL PATIENTS

AND MANY OTHERS



**FEEL HELPLESS? YOU'RE NOT.
GIVE BLOOD.**

RED BLOOD CELLS CARRY OXYGEN TO THE BODY

WHITE BLOOD CELLS PROTECT THE BODY
AGAINST INFECTIOUS DISEASE

PLATELETS HELP FORM CLOTS THAT STOP BLEEDING

PLASMA IS THE LIQUID PORTION OF THE BLOOD
THAT CARRIES COAGULATION FACTORS,
NUTRIENTS AND ENZYMES.



1.888.LIFEBLOOD - WWW.LIFEBLOOD.ORG