

# The Blood Donation Process

It will take approximately one hour for your entire blood donation appointment. It is advised that before your donation, you eat a well-balanced meal.

## Step 1: Registration

You will be asked to provide some basic information (name, address, age, etc.) You must also present official identification with a photo or signature (driver's license, passport, etc.)

## Step 2: Medical History and Mini-Physical

A medical history is taken and then a drop of blood is analyzed for hemoglobin content; then your pulse, blood pressure and temperature are checked.

## Step 3: Blood Donation

A phlebotomist will cleanse and sterilize your arm before inserting a needle. The needle is sterile, used only once and then disposed. After seven to 10 minutes, you will have donated the "gift of life".

## Step 4: Rest and Refreshments

Relax and enjoy fruit juices, cookies and assorted snacks after your donation.

In the next several hours, your blood donation will be tested, typed and separated into various components to be safely transfused into a patient. You can donate blood every 56 days or six times a year.

After your donation, it is recommended that you continue to drink plenty of fluids and not do any strenuous exercise for at least four to five hours.

## What Type Are You? Blood Type Breakdown by Population

O positive	38%	O negative	7%
A positive	34%	A negative	6%
B positive	9%	B negative	2%
AB positive	3%	AB negative	1%

## Blood Usage for Various Medical Conditions

Type of Ailment/Type of Blood Used/  
Average Amounts of Units needed

### Shock Trauma (accidents, burns and puncture wounds)

Red cells and/or plasma – 6 units or more

### Open Heart Surgery

Red cells – 6 to 8 units

### Leukemia

Platelets – 100 units

### Sickle Cell Anemia

Red cells – 5 units per year

### Caesarean Section

Red cells – 3 units

### Liver Transplant

Various blood products – 40 to 50 units

### Cooley's Anemia

Red cells – 1 unit every 3 weeks for life

### Hip Replacement Surgery

Red cells – 8 units

### Bone Fractures

Red cells – 6 units



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