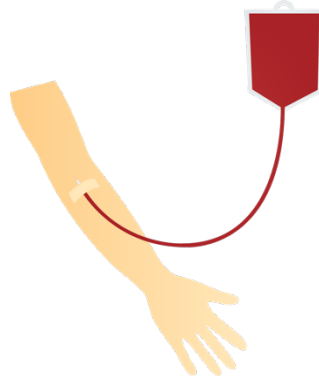


The Blood Donation Process

The blood donation process will take about an hour starting from the time you arrive to the time you leave. The donation itself will take about 8-10 minutes.



Blood donors help patients of all ages and conditions. You can donate blood every 56 days (up to 6 times every 12 months).

For more information about blood donations and blood drives that are happening near you, please visit The American Red Cross at <https://www.redcrossblood.org>.

Step 1. Registration

Someone will sign you in and check to make sure you are eligible to donate. You will be asked to provide some basic information about yourself (name, address, age, etc.). You will also be asked to present a valid form of identification, such as a driver's license.

Step 2. Health History

You will be asked a few questions about your health history during a private and confidential interview. Your temperature, pulse, blood pressure, and hemoglobin level will also be analyzed.

Step 3. Blood Donation

A phlebotomist will sterilize your arm before inserting a needle. The needle is sterile and only used once. A whole blood donation takes about 8-10 minutes, during which you will be seated or lying down. Following collection, a staff member will put a bandage on your arm.

Step 4. Rest and Refreshments

After donating blood, you will have a chance to relax and enjoy a snack and something to drink in the refreshment area. You will be free to leave after 10-15 minutes. After your donation, it is recommended that you drink plenty of fluids and refrain from doing any strenuous exercise for at least 4-5 hours.

DIFFERENT TYPES OF BLOOD DONATIONS

The requirements that donors must meet in order to donate blood vary depending on the type of donation they wish to give. Below are a few types of blood donations and their eligibility information, as outlined by The American Red Cross:

Male donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118 lbs.	114 lbs.	110 lbs.

Female donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

If you are	4'10"	4'11"	5'
You must weigh at least	146 lbs.	142 lbs.	138 lbs.
	5'1"	5'2"	5'3"
	133 lbs.	129 lbs.	124 lbs.
	5'4"	5'5"	5'6" or taller
	120 lbs.	115 lbs.	110 lbs.

Whole Blood Donation

A whole blood donation is a donation of the blood running through your veins. It consists of red cells, white cells, and platelets suspended in plasma. It is the most flexible type of donation, as it can be used as is or separated into its individual parts.

- Donation frequency: Every 56 days (up to 6 times every 12 months)

Requirements:

- Must be in good health and feeling well
- Must be at least 17 years old in most states
- Must weigh at least 110 lbs.

Power Red Donation

A Power Red donation is similar to a whole blood donation and lets you safely donate two units (500 ml) of red blood cells during each donation.

- Donation frequency: Every 112 days (up to 3 times every 12 months)

Requirements:

- Donors must be type O, A negative, or B negative
- Must be in good health and feeling well
 - Male donors must be at least 17 years old, 5'1" tall, and 130 lbs.
 - Female donors must be at least 19 years old, 5'5" tall, and 150 lbs.

Platelet Donation

Platelets are important cells in your blood that develop clots to stop bleeding.

Platelets are commonly used to treat patients fighting cancer, chronic diseases, and traumatic injuries.

- Donation frequency: Every 7 days (up to 24 times every 12 months)
- Donation takes about 3 hours

Requirements:

- Must be in good health and feeling well
- Must be at least 17 years old
- Must weigh at least 110 lbs.

AB Elite Plasma Donation

Type AB plasma is the only universal type that can be provided to patients with any blood type. During this type of donation, blood is drawn from one arm, passed through a machine that collects your plasma, and returned to you.

- Donation frequency: Every 28 days (up to 13 times every 12 months)
- Donation takes about 1 hour and 15 minutes

Requirements:

- Must have type AB blood
- Must be in good health and feeling well
- Must be at least 17 years old
- Must weigh at least 110 lbs.

Please contact the respective medical institution for detailed requirements for blood transfusions.

For more information, please visit <https://www.redcrossblood.org>.