

Someone's *life* depends on *YOU*.

Overview

Requirements:

- Age: 16 years minimum - written parental consent is required for 16-year-old donors
- Weight: 110 pounds minimum
- Time since last whole blood donation: at least 56 days
- The following readings will be taken and recorded:
Blood pressure: minimum 90/50, maximum 180/100
Pulse rate: 50 – 100
Temperature: maximum 99.5° F
Hemoglobin/hematocrit: 12.5/38 minimum to 19/55 maximum

Recommended:

- Prior to donating, you should increase your fluid intake and eat a good meal.
- If possible, refrain from taking aspirin or products containing aspirin for 72 hours before donating.
- Always listen carefully and follow post-donation instructions; this information is for your safety and well-being.

General health: Includes acceptable medical conditions and a listing of the vital signs/mini-physical requirements.

Medications: Lists medications that require a deferral and their deferral periods.

Travel: Lists policies about at-risk countries and the lengths/frequency of visits. If your company sends employees abroad or if you have military families in your group, please have them read this section carefully. And remember: These policies change often and are mandated by the FDA to ensure a safe blood supply in the United States.

Low iron: Provides information about increasing the iron level in your blood.

Lifestyles: Lists behavior that disqualifies volunteers from donating blood. Also listed are policies for tattoos and body piercing.

What does it take to be a blood donor: Covers the main facts about donating blood.

Post-donation care information: Includes possible reactions (dizziness, fainting, nausea, numbness, arm pain, bruising) and other post-donation recommendations and instructions.

If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201. Your comfort and well-being are important to us.