

Some things you need to know about...

DONATING BLOOD

Basic Eligibility

To give blood, you must be in good health, weigh at least 110 pounds and be at least 16 years of age.

**16 year old donors must have official written consent from parent or legal guardian*

Medication

Tattoos

Waiting time for:

- Antibiotics—once treatment is complete
- Avodart—6 months after last dose
- Soriatane—3 years after last dose
- Tegison—permanent deferral
- Most people on medications other than these are eligible to donate.

Donors who received a tattoo within the past 12 months are deferred for 1 year. If applied in NJ, there is no deferral.

Medical Eligibility Line: 1-800-688-0900

- Most people with diabetes and most people on medications other than those noted above **ARE ELIGIBLE** to donate blood. For specific medical eligibility guidelines, please call us.
- Federal guidelines may exclude people who have lived in or traveled to or from certain countries outside of the United States. For specific travel restrictions, please call us.

Before Donating

What to Expect When Donating

Time Needed: Plan to spend at least an hour for registration, donation and a rest period after the donation.

Eat Well: Please eat and drink something substantial within three hours prior to donating.

Check Medications or Recent Travel Restrictions: If you are taking prescription medications, or have traveled outside of the US, call us at (800) 688-0900 to make certain it is okay to donate.

Assess Your Health: If you have any cold or flu symptoms, you will be unable to donate—you will need those blood cells to help fight off any infection that may be present. If you have any questions about other medical conditions and how they affect your status as an eligible blood donor you may call us (800) 688-0900 to ask specific questions about your health.

Just Relax: If you feel a little nervous about donating, that is natural. Try to focus on the patients your donation will be helping. Remember, donating blood is relatively painless, and may help save up to 3 lives.

Registration: You must use your current address and phone number.

Health Interview: To protect you and the patients receiving your blood, a trained professional will check your blood pressure, pulse and hemoglobin level and ask you some questions in a confidential manner about your health history.

Donation: While you can expect to be at the blood drive about 45 minutes to an hour; the actual donation takes about 10 minutes.

Refreshments: You will be given something to eat and drink after donating and asked to relax while visiting with fellow donors.

After Donation

Drink Fluids: Make sure you drink plenty of fluids in the hours immediately following your blood donation. Increase fluid intake for the next 48 hours.

Avoid Strenuous Activity: Plan to curtail strenuous exercise for six hours immediately following your donation, especially any heavy use of the arm from which your blood was drawn.

Leave Bandage On: Keep your bandage on and dry for six hours after donating.

Feel Good About Yourself: Your donation may save up to three lives. Be very proud of your simple act of kindness!

Share the Good Feeling: Let friends and family members know how good it feels to help save a life and how simple donating blood is. Normally, donors can give blood every 56 days. Plan to bring a friend when you give again.

Contact us or learn more at

www.nybloodcenter.org

or call 800-933-Blood

 **New York** Blood Center