
Did you know...

There is no substitute
and still only one source
for transfusion..



Donation Checklist

Blood donation is a safe and simple procedure, and gives you the great feeling of having saved up to 3 lives. The whole process takes around an hour, but the actual donation only takes about 8-10 minutes for whole blood and 20 minutes for double red donation.

Before Your Donation

- Maintain a healthy iron level in your diet by eating iron rich foods, such as red meat, fish, poultry, beans, spinach, iron fortified cereals and raisins.
- Get a good night's sleep.
- Drink an extra 16 oz. of water or nonalcoholic fluids before the donation.
- Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. (Fatty foods can affect the tests we do on your blood. If there is too much fat in your blood, your donation cannot be tested for infectious diseases and the blood will not be used for transfusion.)

During Your Donation

- Bring a valid form of identification with you (Student ID or Driver's License).
 - Need to know year of birth.
- Bring your signed parental consent form if you are 16 years of age.
- If you are taking any medication, bring a list of those with you.
- Wear clothing with sleeves that can be raised above the elbow.
- Let the person taking your blood know if you have a preferred arm and show them and good veins that have been used successfully in the past to draw blood.
- Relax, listen to music, talk to other donors or read during the donation process.
- Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.

After Your Donation

- Hydrate! Continue to drink water throughout the day of your donation.
- Avoid heavy lifting or exercise.
- If the needle site starts to bleed, apply pressure to it until bleeding stops.
- If you experience dizziness or lightheadedness after donation, stop what you are doing and sit down or lie down until you feel better.

Choose to stand out. Be a Red Cross blood donor.



Donation Basics

To donate blood you must:

- ✓ Be in good general health and feeling well.
- ✓ Be at least 17 years of age; 16 with signed parental consent form.
- ✓ Weigh at least 110 lbs. See chart below.

Height/weight eligibility

		Whole Blood Donation (WB)					Double Red Cell Donation (2RBC)				
MALE	If you are	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"+	5'1"
	You must weigh at least (lbs)	118	114	110							130
FEMALE	If you are	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"+	5'5"
	You must weigh at least (lbs)	146	142	138	133	129	124	120	115	110	150

Additional Eligibility Criteria

1. **Travel:** If you have traveled outside of the United States and Canada, your travel destinations will be reviewed at the time of donation. Call 866-236-3276 to speak with an eligibility specialist about your travel.
2. **Piercings:** Acceptable as long as the instruments used were sterile or single-use equipment. Wait 12 months if you question if the instruments were sterile.
3. **Tattoos:** Acceptable if performed in New Jersey by a state-regulated entity using sterile needles and ink that is not reused. Wait 12 months after a tattoo if the tattoo was applied in a state that does not regulate tattoo facilities (District of Columbia, Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New York, Pennsylvania, Utah and Wyoming)

Call our eligibility specialists with any questions: 866-236-3276