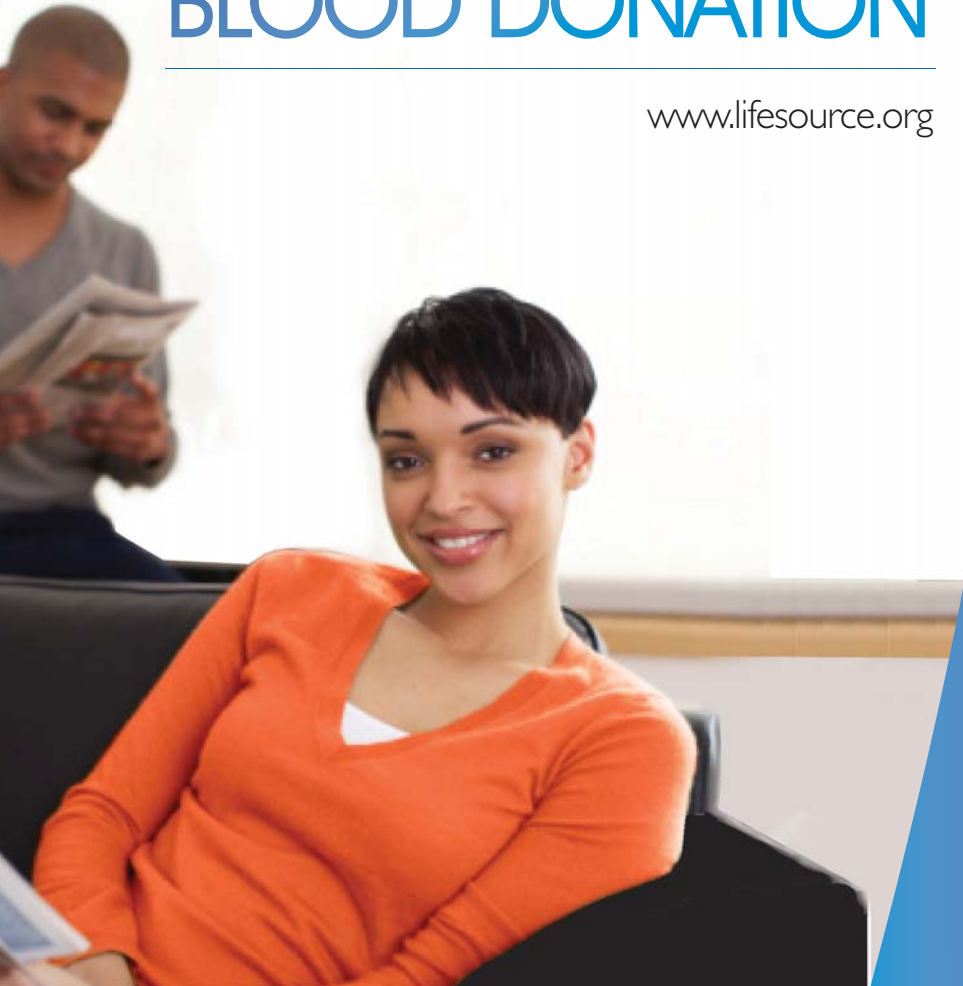




# A NEW DONOR GUIDE TO BLOOD DONATION

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[www.lifesource.org](http://www.lifesource.org)



## A NEW DONOR GUIDE TO BLOOD DONATION

While there are many great reasons to donate blood, you might be a little nervous about what to expect with your first donation experience. This guide will help you decide if you want to donate, and what you can expect during your first blood donation.

### Why me?

LifeSource is always looking to reach out to new blood donors. As our population ages, the need for blood and blood products increases. Without new donors, shortages are inevitable. We need you because there is no substitute for human blood, and the need for blood is at a steady incline.

### Did you know?

Eighty percent of the population will need donated blood in its lifetime, yet only a small percent of eligible donors in the Chicagoland area regularly give the gift of life

Every time you donate blood, you can save up to three lives because whole blood is separated into three components:

- » **Red cells**, which can be stored for up to 42 days, are typically administered to replenish blood loss during surgery or trauma
- » **Platelets**, which can be stored for up to 5 days, help stop bleeding and are usually used for cancer patients
- » **Plasma**, which can be frozen for up to 1 year, is mainly used to treat patients with bleeding and other conditions



Source: America's Blood Centers

## COMMONLY ASKED QUESTIONS OR CONCERNS:

### **I'm afraid of needles and nervous about donating blood.**

That's normal; many people feel some anxiety when donating blood for the first time. You will feel a slight pinch as the needle is inserted. The actual donation will only take about 10 minutes. Do not let your fear discourage you—the small amount of discomfort will only last for a few seconds, but your donation can have a life time benefit to the patients!

### **Other people must be giving enough blood. My donation is not necessary.**

The demand for blood and blood products is constant. LifeSource must collect hundreds of units every day to keep up with hospital demands, and the needs of patients can only be met with help from people like you.

### **I'm afraid I will have a reaction.**

Don't be! Most first time donors are able to donate without any reactions. However, if reactions do occur, they usually consist of mild dizziness, and the donor specialists are available to minimize and treat reactions. Please remember to have adequate nourishment and fluid intake before and after donating. Please inform your donor specialist if you have any concerns or questions.

### **I'm on a few medications and don't think I'm eligible to donate blood.**

Most medications are acceptable. If you are at a blood drive or a blood donation center, you may consult a donor specialist for any questions that you have. Or contact the LifeSource Medical Help Desk at 847-803-7921 if you have any concerns.

## **Donor Eligibility Guidelines:**

- » Donors must be 17-years-old (16-year-olds may donate with parental consent).  
There is no upper age limit to donate blood
- » Minimum weight of 110 pounds
- » Must be symptom-free of colds and flu and feel well at time of donation
- » As of March 2, 2010 LifeSource will no longer be deferring donors who received a tattoo after January 1, 2010 in a state that regulates its tattoo facilities. (Illinois is a regulated state.)
- » Must wait 12 months after getting a body piercing (except ear).
- » Blood Pressure medication is acceptable
- » Diabetics are eligible to donate if they are controlled by diet or oral medication; if you are controlled by insulin injection, please contact the Medical Help Desk at 847-803-7921
- » Women who recently gave birth must wait six weeks after delivery to donate
- » If you have traveled to a foreign country, please contact the Medical Help Desk to find out if you are eligible to donate
- » Donors on antibiotics are eligible one day after their last dose
- » Aspirin and pain medications are acceptable

### How much time should I allow for blood donation?

Although the entire process takes about 45 minutes from start to finish, the blood collection portion is only about 10 minutes long.

#### Blood Donation Process:

**Registration:** All donors are asked to present a government-issued ID. You will be registered at this time and asked to fill out a questionnaire.

**Medical Interview and Mini Physical:** A donor specialist will review the questionnaire, and you will be given a mini physical where your hemoglobin (iron), blood pressure, temperature and pulse will be checked.

**Donation:** The donor specialist will prepare and cleanse your arm for donation. The actual blood collection only takes about 10 minutes.

**Refreshments:** After your donation, you will be directed to the refreshment area, where you will enjoy refreshments such as bottled water, juice and packaged snacks.

### How will I feel after my donation?

You will feel a sense of accomplishment knowing that you saved up to three lives!

### What do I receive in return for my donation?

Besides the satisfaction of having helped someone in need, all donors are encouraged to sign up for Brighten Life, LifeSource's donor loyalty program. Upon enrollment, you will earn points for each of your blood donations, allowing you to earn a wide range of gifts available through our Web site. You will also have access to your wellness profile, which includes the results of your cholesterol level.

### Need more information?

For more information on LifeSource or our Brighten Life donor loyalty program, please visit [www.lifesource.org](http://www.lifesource.org) or call 1-877-543-3768.