

## FAQ - Frequently Asked Questions About Donating Blood

<b>Q</b>	<b>Who may donate blood?</b>
<b>A</b>	Generally, you can donate if you are in good health and weigh at least 110 pounds. You should not have a cold, flu or sore throat at time of donation.
<b>Q</b>	<b>How old do I have to be to donate?</b>
<b>A</b>	You must be between the ages of 17 and 75. At age 76, you must provide a letter from your private physician indicating that you are in good health and capable of donating a pint of blood.
<b>Q</b>	<b>Do I need identification?</b>
<b>A</b>	Yes, bring some form of official identification with your signature or photo and name.
<b>Q</b>	<b>I have been turned away in the past for having low iron, should I still try to donate?</b>
<b>A</b>	Yes, as part of the medical screening process we will take a drop of blood and check your hemoglobin level to ensure that you have enough to donate.
<b>Q</b>	<b>Can I donate if I have high blood pressure?</b>
<b>A</b>	Yes, as long as your blood pressure is within our acceptable criteria. If you are taking medication to control your blood pressure, be sure to continue to take it as prescribed by your physician. Also, know the name of the medication when you come to donate.
<b>Q</b>	<b>What kinds of medication will prevent me from donating?</b>
<b>A</b>	Each donor will be evaluated on an individual basis. Community Blood Services will want to know why you are taking a medication, as well as the name of the medication.
<b>Q</b>	<b>What if I have diabetes?</b>
<b>A</b>	People whose diabetes is under control with insulin, oral medication and/or diet are acceptable. Donors who take insulin must know the name of the insulin and their diabetes must be under control.
<b>Q</b>	<b>Can I get AIDS from donating blood?</b>
<b>A</b>	No. There is no risk of getting AIDS or any other disease from giving blood. We use sterile disposable equipment to take your blood. A brand new needle is used for each blood donation. Once it is used, the needle is destroyed.
<b>Q</b>	<b>How long does it take to donate?</b>
<b>A</b>	The donation process includes registration, medical screening, the blood collection, and time for refreshments in the canteen. For whole blood, the entire donation process usually takes about one hour.
<b>Q</b>	<b>Should I eat before I donate?</b>
<b>A</b>	Yes, you should eat and drink fluids within 4 hours of donating.
<b>Q</b>	<b>How often can I give?</b>
<b>A</b>	Whole blood donors can give once every 56 days in order to allow plenty of time to replenish their red cells.
<b>Q</b>	<b>How will my blood be used by patients?</b>
<b>A</b>	The unit of blood you give may be used to help several lives. Your blood can be separated into red cells, platelets, and plasma. Red blood cells may be used to treat patients who are anemic. Plasma can be used to treat patients in shock due to fluid loss as a result of burns. Platelets are used to help treat patients with leukemia.