

Common Eligibility Criteria

You may be eligible to donate blood if you:

- Are 17 years of age or older
- Weigh at least 110 pounds
- There is no longer a 12 month deferral for receiving a tattoo if performed at a licensed facility in the United States
(Please check with a staff member or donor center for a list of acceptable states)
- Have not had cancer in the past 2 years, even if in remission
(Basal cell carcinoma of the skin & cervical or breast cancer In-Situ accepted)
- Have not traveled to a malarial risk area within the past 12 months.
- Have not spent 3 months or more in The UK from 1980-1996
(England, Northern Ireland, Scotland, Wales, the Channel Islands, Isle of Man, Gibraltar, Falkland Islands)
- Have not spent more than 5 years in Europe since 1980
- Have not spent 6 months or more on a military base or associated with a military base in Belgium, the Netherlands or Germany from 1980 through 1990
- Have not spent 6 months or more on a military base or associated with a military base in Spain, Portugal, Turkey, Italy or Greece from 1980 through 1996

Blood Donation Process

Before Donating:

- Get a good night's sleep.
- Drink plenty of fluids for 24 hours prior to donation.
- Eat a good breakfast/lunch before donating.
- Become familiar with the donation process before going to donate.
- **Allow one hour for the entire process, but the actual blood donation takes about 10 minutes.**

During Donation:

- Bring a photo ID or blood donor card.
- Answer some questions about health and lifestyle choices.
- Receive a mini-physical (checking blood pressure, temperature, pulse and iron level)
- Relax while a trained phlebotomist cleans and draws blood from your arm.
- Tell the phlebotomist if you feel any differently (have hot or cold sensations, become lightheaded or feel any pain or fatigue).

After Donating:

- Sit and enjoy refreshments for at least ten minutes.
- Leave arm bandage on for 3 to 5 hours.
- Avoid lifting heavy objects and strenuous exercise for 24 hours.
- Don't skip any meals!
- Drink plenty of fluids!
- **Be good to yourself because you just helped save up to 3 lives!**

Additional information may also be obtain at :

Rex Blood Services
2709 Blue Ridge Road
Raleigh, NC 27607
(919) 784-4750

The Facts about Donating Blood

- * Someone in our community needs your help. Your blood could save a life.
- * On an average, over 35 units of whole blood, red blood cells and other components are transfused to patients at Rex Hospital every day of the year.
- * Blood cannot be manufactured - except by the human body. Donors are the only source of this valuable resource.
- * Blood is composed of trillions of tiny cells suspended in a yellow fluid called plasma. The red cells carry oxygen from the lungs to all parts of the body, white cells combat disease and infections, and platelets help stop bleeding when injury occurs. Plasma acts as a carrier of these cells and of other vital elements and nutrients required by the body to sustain life. Some of the plasma proteins are called clotting factors which are needed, in addition to platelets, to stop bleeding.
- * Artificial blood is not at all like human blood. It is a liquid chemical that can only carry oxygen for a very short period of time. It does not contain clotting factors, white blood cells or platelets.
- * You may donate blood if you are at least age 17, in good health, weigh at least 110 pounds and have never had a history of cancer, AIDS or hepatitis.
- * The average adult has 10-12 pints of blood. After you donate, your body replaces the plasma in just 72 hours and the other components within a few weeks. Donating blood is not risky for the average healthy adult.
- * The needle that is used is brand new, sterile and disposable. It is used only once, and then thrown away. **THERE IS ABSOLUTELY NO CHANCE OF CONTRACTING AIDS BY DONATING BLOOD!**
- * You may donate blood every eight weeks (56 days).
- * You should eat a well-balanced, nutritious meal and get a good night's sleep before and after donating.
- * Donating blood takes about one hour. You will be asked several questions about your medical history. Your blood pressure, pulse and temperature will be taken. The actual donation only takes 5-7 minutes. After the donation, there is a 5-10 minute rest period followed by refreshments.
- * After donating, you should feel fine. You can resume your normal routine, but you should avoid strenuous exercise for approximately 4-6 hours.

