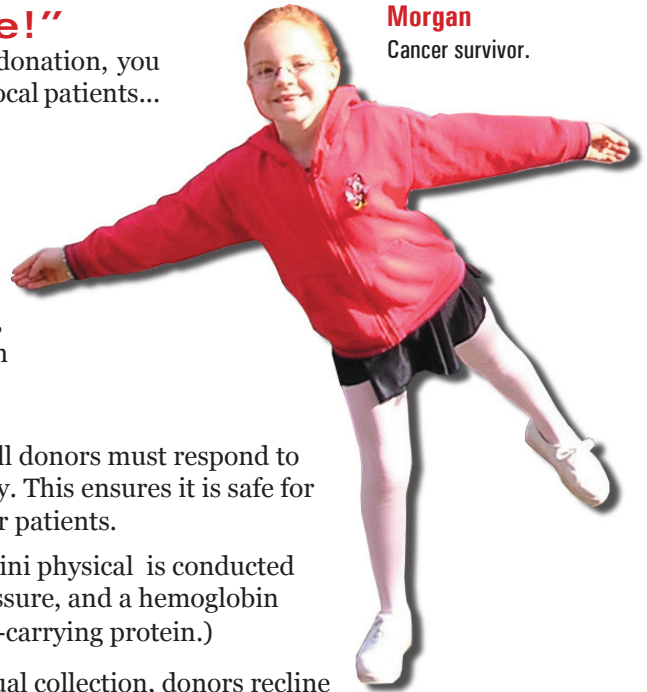


Thank You For Being a First Time Blood Donor!

“When You Give, Others Live!”

Blood donors save lives! With your one whole blood donation, you have the unique opportunity to truly be a silent hero to local patients... such as Morgan, pictured here.

Morgan
Cancer survivor.



Giving Whole Blood... How It Works!

A single donation of whole blood can help save the lives of three patients as it is separated into red blood cells, platelets, and plasma. The entire four-step donation process takes approximately 45 minutes to one hour.

Medical History - Step 1: All donors must respond to a health questionnaire to determine their eligibility. This ensures it is safe for donors to give blood and that their blood is safe for patients.

Physical Exam - Step 2: A mini physical is conducted which includes heart rate, temperature, blood pressure, and a hemoglobin check. (Hemoglobin is an iron-containing, oxygen-carrying protein.)

Donation - Step 3: During the actual collection, donors recline comfortably in a chair while approximately one pint of blood is drawn. The process takes about 10 minutes.

Rest & Refreshments - Step 4: Once the donation process is complete, donors enjoy juice and other refreshments in the canteen area. This helps to replenish their fluids and energy. Aside from heavy lifting or other strenuous activities, donors can return to their normal daily routine.

Have a Positive Blood Donation Experience!

- 🔴 Add iron-rich foods to your daily diet.
- 🔴 Be sure to drink plenty of fluids in the hours leading up to your donation, and it is recommended you eat a nutritious meal 2 to 4 hours before your arrival.
- 🔴 Bring a picture ID: Driver's License, State-issued ID, Passport, Military ID, or Employment ID Card.
- 🔴 Wear clothing with sleeves that can be raised above your elbow.
- 🔴 Plan your day in advance. You should avoid heavy lifting or vigorous exercise for the rest of the day.
- 🔴 After donating, be sure to re-hydrate yourself by drinking plenty of water and/or juice.

You will receive an INBC donor wallet card in the mail approximately one month after your donation. This card will include your blood type and will speed up the registration process by presenting it the next time you donate.



**Inland Northwest
Blood Center**

210 West Cataldo Avenue
Spokane, WA 99201

It's About *Life!*

www.inbc2.org - (800) 423-0151

INBC Form PP 5019

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