

Blood Donors are Heroes!

A single donation of whole blood can help save the lives of up to three people. In addition to giving whole blood you can also donate the component that blood is comprised of: red blood cells, platelets and plasma.

Why Donate?

Blood is needed constantly for trauma patients, surgeries, for treatment related to blood disorders, and many other treatments. Every day the Inland Northwest Blood Center (INBC) needs 200 donors to make sure we have a safe supply of blood. Blood cannot be manufactured - it must come from the generosity of another person.

Who Can Donate?

Individuals who are in good health and can meet the general eligibility criteria are likely able to donate.

- Donors need to be at least 16 years old to donate (16 and 17 year old donors need a completed INBC *Minor Donor Consent* form). There is no upper age limit for donation.
- Donors need to be at least 110 pounds (16 and 17 year old donors must weigh at least 120 pounds and be at least 5'4" tall).

Eligibility questions can be answered on our website or by giving us a call.

Common Reasons for Donor Deferral:

There are many reasons that you may not be able to donate. Please refer to *Common Donor Eligibility Criteria*. Here are some common reasons:

- You have a cold or flu symptoms or do not feel well on the day of donation
- You have had a tattoo or skin piercing in the last 12 months
- You have visited an area with malarial risk in the last 12 months
- You have a history of Hepatitis after age 11 or a history of a positive test for Hepatitis B or C
- You have used needles to inject non-prescription or street drugs

If you have any questions related to deferrals feel free to call INBC at 800-423-0151 and specify that you are inquiring about donor deferral.

The Simple Process of Donating Blood

From registration to snacks in the canteen, whole blood donation takes about 45 minutes. Specialized donations (double red blood cell, plasma and/or platelets) may take a bit longer, but there are many benefits to our community. Here is what the donation process looks like:

- Medical History Questionnaire: All donors must respond to a brief health questionnaire to determine if they are able to give blood. This ensures the safety of both the donor and the patient.
- Check up: A mini physical is conducted which includes heart rate, temperature, blood pressure, and hemoglobin check.
- Donation: Donors recline comfortably in a chair for their donation. For whole blood donation approximately one pint of blood is drawn and takes between 5 and 10 minutes. A double red blood cell donation takes approximately 20 minutes longer and a platelet donation can take up to an additional hour and half. Every donor is different so donation times vary.
- Rest & Refreshments: Once the donation process is complete, donors enjoy juice and other snacks 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.

Make your donation experience a positive one!

By doing the following before your donation will help make it quick and easy.

- Add iron-rich foods to your daily diet.
- Drink plenty of fluids leading up to your donation and eat a nutritious meal 2-4 hours before your arrival.
- Bring your picture ID: a driver's license, state-issued ID, passport, military ID are acceptable.
- Wear clothing with sleeves that can be raised above your elbow.

After your donation try the following:

- Eat salty snacks rather than other types
- Increase fluid intake
- Try core and lower body exercises while hanging out in the canteen, like:
 - Crossing legs and about every 5-10 seconds flexing/releasing thigh and hip muscles (hold flex for about a second or two)
 - Crossing arms and about every 5-10 seconds flexing/releasing arms and abdomen muscles (hold flex for about a second or two)
- Avoid heavy lifting or vigorous exercise for the rest of the day

If you are light headed or dizzy, notify an INBC donor staff member immediately.

