

Frequently asked questions

I'm afraid of needles. Does giving blood hurt?

Most donors say what you feel is like a quick pinch. You shouldn't feel any discomfort during the blood collection itself, and it usually takes only seven to ten minutes to collect a unit of blood.

Who needs blood?

Blood is vital for children and adults who are living with cancer, having surgery, surviving a car accident or recovering from other illnesses and injuries. By sponsoring a blood drive through The Blood Center of Central Texas, you will help ensure that this life-saving gift is available when your Central Texas neighbors need it.

How often can I give blood?

While Blood Center staff encourages everyone to donate once a quarter, you can give blood even more frequently than that. An eligible donor can give one unit of whole blood every 56 days. After you donate blood, your body replaces the plasma or liquid component of your blood within 24 hours.

Why ask such personal questions in the interview?

The private interview is one of the screening steps all blood centers use to help keep our blood supply safe. We are required to ask these questions and it is important that you answer truthfully. The interviews are private because the questions are personal and the information you are giving is confidential.

Does The Blood Center pay donors for giving blood?

The Blood Center is fully committed to remaining volunteer/donor-supported and does not pay for blood donations. Additionally, FDA regulations do not permit compensation for blood used for human transfusion purposes as studies have shown that volunteer donors provide a safer blood supply.

How much blood do you take?

Each donation is 500 ml or just a little less than one pint. The average adult has two pints for every 25 lbs. of body weight.

Can I catch anything from donating blood?

No, you cannot catch a disease from donating blood. All the clinical supplies used during a donation are sterile and designed to be used only once and then disposed.

What happens to my blood donation after I give it?

Your blood donation is immediately processed into therapeutic components (red blood cells, plasma, platelets and cryoprecipitate) based on patient need in our community. It is then put in quarantine storage while your blood sample vials go to a laboratory for testing. Once all the tests have been completed, the unit of blood is labeled and released for distribution to the health care facility that has the greatest need for your supply of blood.

What is the universal blood type?

Type O negative, occurring in about 9% (according to AABB.org) of the U.S. population, is the universal donor type and can be given to people with any other blood type. AB positive, which occurs in only 3% of the U.S. population, is the universal recipient type and can receive blood from any other blood type.