



Donor Requirements and Procedures

Donor Requirements

Basic requirements to donate blood are:

- Must be at least 17 years of age.
- Must weigh at least 110 lbs.
- Should have good general health.
- Bring a photo ID to donate.
- Know your Social Security number.

Tips on having a successful blood donation:

- Eat a good meal before donating blood (1-6 hours before).
- Drink plenty of water or non-caffeinated beverages before donating blood.

Donation Procedure

(The whole process takes 45 minutes to 1 hour)

Check-in and Interview

At the sign-in area you will be asked to read some information. Then you will have a private confidential interview during which our staff member will confirm your medical history and answer any confidential questions you have about donating blood.

Receive a Mini-physical

Next, you will receive a mini-physical to make sure you are healthy enough to donate blood that day. This includes checking your temperature, blood pressure, pulse, and a finger stick to check your hematocrit (red blood cell percentage or iron count).

Blood Donation

One of our phlebotomists will then collect one unit (about a pint) of blood from you. Sterile, disposable, one-use-only supplies are used for your donation. You cannot contract HIV/AIDS or any other infectious disease by donating blood.

Juice and Cookies

After donating, you will be escorted to our canteen for refreshments. We provide cookies, crackers, and a variety of non-caffeinated beverages.