

Q&A



Don't be nervous, donate with a friend!

Q. How much blood is taken?

A. Approximately one pint. As a general rule, adults have about 10 to 12 pints in their body.

Q. How long does it take to replenish the blood I have donated?

A. Your body replaces plasma in about 24 hours, red cells are restored in two to four weeks, and platelets are replenished in about 72 hours. You should drink extra fluids, like water or juice. Do not do any heavy lifting with your arm for 12 hours. You may give once every 56 days in order to allow plenty of time to replenish your red cells.

Q. How soon after donating can I practice sports?

A. You should avoid strenuous activity such as lifting, pushing or picking up heavy objects for 12 hours after giving blood. Drink plenty of fluids. Stick to a light workout or practice, depending on how you feel. It's a good idea to wait three days before practicing vigorously or competing, as you may get dehydrated.

Q. Can I donate if I'm menstruating?

A. Yes, as long as you feel well on the day of the donation.

Q. How will I feel after I donate?

A. Most people feel no difference. Eat breakfast or lunch before donating and be sure to drink plenty of fluids, like water or juice. That will make a big difference in how you feel afterwards...you'll feel like a hero.

the need never stops

At least 900 people must register to give blood through Puget Sound Blood Center every weekday in order to meet the needs of patients in our community.

- * *Did you know you can safely donate blood every 56 days or up to six times a year?*
- * *You can help patients who need blood transfusions to treat life-threatening conditions.*
- * *Your donation is critical in helping the community maintain a stable blood supply for emergencies.*
- * *Donating blood takes only one hour, but can help three people.*
- * *Donation is convenient: Donors can visit the Blood Center's eleven donor centers, or one of the more than 3,500 blood drives at businesses, churches and high schools throughout Western Washington.*
- * *For a blood drive schedule or to schedule an appointment, please call 1-800-398-7888 or visit www.psbcc.org.*

Please Give Blood

1-800-398-7888 | www.psbcc.org



Puget Sound Blood Center

research | medicine | blood & tissue services

THE FIRST TIMER'S GUIDE TO GIVING BLOOD



"I wouldn't be here today if people hadn't donated blood."

At 17, Monique required six units of blood, more than half of her body's blood supply, as a result of injuries sustained in an automobile accident.

Today she's alive, well and in college, thanks to generous blood donors like you.



Puget Sound Blood Center

research | medicine | blood & tissue services

imagine saving a life

Blood is needed every day.

Donating blood takes less than an hour. It's easy to do, nearly painless, and you can give blood six times a year. Yet fewer than five percent of the people who are able to give blood actually do so—and most of them give only once a year.

That's why Puget Sound Blood Center is working hard to recruit new blood donors. Because right now there are patients in hospitals throughout Western Washington who need your help!

With every blood donation, you can help save three lives—premature babies, children and adults with cancer and leukemia, surgery patients and victims of traumatic injury—people like the ones in your neighborhood, school, or even your own family.

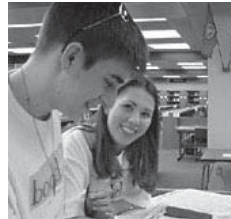
facts about blood

After you donate blood, the unit is separated into components (red cells, platelets and plasma). Different patients need different types of blood components depending on their illness or injury:

- * **Red cells deliver oxygen** and last up to 42 days and can benefit surgery patients.
- * **Platelets help control bleeding** and expire after only five days. Cancer patients or bone marrow transplant recipients need your platelets to prevent hemorrhaging. As many as six to ten donors are needed for each platelet transfusion.
- * **Plasma carries blood cells** and can be stored for up to 12 months if frozen. Patients with burns, shock or dehydration need your plasma. Hemophilia patients need hundreds of volunteer blood donors for a single transfusion.

giving blood is quick, easy and safe

Be sure you eat a balanced meal and drink plenty of juice or water at least four hours prior to giving blood. Get a good night's sleep too!



1 Read the Blood Donor Educational Materials before registering.

Complete a confidential health history questionnaire.

2



3

A professional collection staff member conducts a medical history interview and brief health check of your blood pressure, temperature, pulse and iron level.



Relax on a donor bed while a unit is collected by specially trained staff. Sterile, disposable equipment is used to collect each donor's blood. The actual donation takes about 10 minutes.

4



5

Drink plenty of liquids before and after your donation. Enjoy some cookies, too! The entire process takes about an hour.



Give blood, you've got it in you!

You must be at least 16 years old, weigh 110 pounds, and in good health. Those 16 and 17 years old must have a signed Blood Program permission slip. For eligibility questions please call 1-800-DONATE-1, ext. 2543, or clinicalprogram@psbc.org.