



First timers guide to donating

Every Donation Counts

Many of us will require a blood transfusion at some point in our lifetimes. To meet the needs of patients in our community, at least 900 people must register to donate blood through Bloodworks Northwest every weekday.

Q: How much blood is taken?

A: Approximately one pint. Adults have about 10-12 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, depend on how you feel. It's a good idea to wait three days before practicing vigorously or competing, as you may get dehydrated.

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 nonalcoholic, noncaffeinated beverages, like water or juice. That will make a big difference in how you feel afterwards - You'll feel like a hero!

- **Did you know you can safely donate blood every 56 days—or as many as six times a year?**
- **Donating blood takes only an hour but can help three people.**
- **Donation is convenient: Donors can visit one of our several donation centers or one of the more than 3,500 blood drives at businesses, churches and high schools throughout Western Washington and Oregon.**

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 which can benefit surgery patients
- > **Platelets help control bleeding** and expire after only 5 days. Cancer patients or bone marrow transplant recipients need your platelets to prevent hemorrhaging. As many as 6-10 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 plasma. Hemophili patients need hundreds of volunteer blood donors for a single transfusion.

Every two minutes someone in Western Washington needs a blood transfusion.



Make an appointment at
Schedule.BloodworksNW.org
One donation can save 3 lives.



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Step 1

Read the “what you must know before donating blood” information sheet before registering.

Step 3

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

Step 5

Drink plenty of fluids before and after your donation. Enjoy some cookies too! The entire process from walking in the door takes about an hour.

Step 2

Complete a confidential health history questionnaire.

Step 4

Relax on a donor chair 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.

You’ve got it in you, donate blood!

You must be at least 16 years old, weigh 114lbs and be in good health. Those 16 & 17 must have a signed Blood Center permissions slip. For eligibility questions please call 1-800-DONATE-1 ext 2543 or email ClinicalProgram@BloodworksNW.org