

Frequently Asked Questions

1. How much blood is taken?

A little less than one pint.

2. How much blood is in my body?

The average adult has between 10 and 12 pints of blood.

3. How long before my body replenishes my blood?

The blood volume(plasma) is replaced within 24 hours. The red cells take between 4- 6 weeks for complete replacement. That is why the FDA requires an 8-week wait between donations. Your body will not be affected adversely by the loss of the pint.

4. How will I feel after the donation?

You'll feel fine! Regular activities can be resumed right away. We ask that you wait 4 hours before exercise. After donation you are invited to have some juice and snacks and to give you a bit of time to relax. You will feel great knowing that you have just given *3 people another chance at life.*

5. Why should I give blood? Aren't there plenty of other people who do that?

No. Plenty of people do not give blood. There is a need everyday. Less than 4% of the *eligible* population donates blood. However, over 80% of us will need blood or blood product in our lifetime.

More and more people are needed everyday just to keep up with the increasing need. *Many times throughout the year we reach critically low levels of blood.*

6. Who uses my blood?

It could go to an elderly woman having a heart operation, a teen in a car accident, a newborn just fighting to stay alive, a young child battling leukemia, a young woman with anemia, or a middle aged man with a bleeding ulcer. You just never know who it may be. But what you do know is that your blood will go to help someone in need.

7. What happens to my blood after I donate?

Your donation will be typed and then tested for a number of infectious diseases. Once the blood passes all of the tests, it will be broken down into its component parts (red cells, platelets, plasma). Each component will go to a patient who is in need of that component. If anything unusual shows up during testing, the donor will be notified and advised as to whether they should see their doctor.

8. Will it hurt?

Worrying about how it will feel is the real problem. You will only feel a slight pinch at first and then nothing. People are surprised when it is over. They can't believe how simple and painless it is. Think of how many people you are helping. Isn't it worth just a slight pinch?

9. How long will it take?

If you schedule an appointment, the entire process will take about 30 - 40 minutes. The actual donation is about 7 - 10 minutes. Less than one hour out of your month to save 3 - 4 peoples lives - incredible!

10. What is the most needed type of blood?

The most needed is the type that is not available when a patient needs it!

Type O is the most common and therefore, the most widely used and needed.

Type O is frequently used in emergencies since it can be safely transfused to all other types.