



What You Can Expect as a First-time Blood Donor

You are a **Very Important Person**. Your donation could help three different patients, each of whom will receive a different component of your donation.

- ✿ General information such as your name, address and social security number are recorded. A driver's license, military ID or passport are required for first time donors.
- ✿ Your temperature will be taken to be sure you do not have a low-grade fever or are coming down with a cold.
- ✿ Your medical history will be taken by medical personnel. They will also take your pulse. (This is to ensure that you can donate without any harmful effects either to you or the recipient of your donation).
- ✿ Your hemoglobin (iron level) and blood pressure will be checked (to be sure you can safely give one pint of blood with no ill effect).
- ✿ The medical person will assign you to a bed and will prepare your arm to reduce any risk of infection. Your blood donation will take approximately 5-10 minutes. There should be no pain or tightness of the arm during the donation.
- ✿ The medical person will firmly press a piece of gauze on your arm and ask you hold your arm up for a couple of minutes while the bleeding stops. Then you will go to the refreshment area.
- ✿ You must stay in the refreshment area for 15 minutes where there will be juice, coffee, tea and cookies. This is to replace some of the fluids you have lost. Your total blood volume is replaced within a few days. Since you make hemoglobin for red cells more slowly, you won't be able to donate again for eight weeks. We hope to see you then!
- ✿ Allow approximately 75 minutes for the entire donation process.
- ✿ You cannot get AIDS or any other disease by donating blood. Marshall Community Blood Center only uses single use, disposable sterile needles.
- ✿ Donors should eat a good meal on the day of their donation.

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