

**It's true - giving blood saves lives.
There is no substitute.
Volunteers are the only source.**

Did you know that one pint of blood can help the lives of three people? People you know, people you love, maybe even yourself.

60% of the US Population is eligible to donate - only 5% do so on a yearly basis. In New Jersey, the percentage is lower, closer to 3%.

General donor criteria and reasons for deferral:

You must be in general good health and weigh at least 110 pounds. There is no upper age limit, but you must be at least 17 years old. Most prescription medications are acceptable, but please feel free to call us before your donation to qualify any medications you are currently taking. You should eat your regular meal before donating, and be sure you are well hydrated. Some reasons for temporary or permanent deferral; excessively high blood pressure, low hemoglobin, active allergies, cold or flu, hepatitis or recent exposure to it, heart disease, pregnancy, dental work in the past 3 days or major surgery in the past 3 months.

**You can
make a
difference.**



New Brunswick Affiliated Hospitals
BLOOD CENTER

ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL

**Working to make sure the Gift of Life
is always available for those in need.**



NBAH Blood Center
Clinical Academic Building
125 Paterson Street
New Brunswick, NJ 08901
732-235-8100 (ext. 244)

Facts About Donation

The Spirit of



GIVING

*Become a Blood Donor
and Change Lives*



New Brunswick Affiliated Hospitals
BLOOD CENTER

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Blood, Platelet & Automated Donations

Blood donations are a safe, ideal way to provide a vital service to the community that involves very little time and no financial commitment.



Red cells - carry oxygen and are needed by people suffering from anemia and serious loss of blood.

Platelets - clotting cells to control bleeding. Transfusions of platelets are needed by:

- Children with leukemia
- Patients receiving chemotherapy for cancer
- Patients needing open heart surgery and organ transplant
- People whose bone marrow is not functioning.

Plasma - the liquid portion of your blood which carries cells and vital factors throughout your body and are needed for:

- Premature infants
- Trauma and burn victims
- Transplant and major surgery patients

Why are there often blood shortages?

Most blood centers strive to maintain an optimum inventory level of a three day supply. Due to unpredictable demands from trauma incidents the inventory fluctuates hourly. When the supply drops below a three day level, blood centers begin alerting local donors to increase the inventory to a safe operating level.

If all blood donors gave 2 to 4 times a year, it would prevent blood shortages.

Are there any risks involved?

There is no risk of contracting AIDS or any other blood-borne disease by donating blood. All materials, including the needle, are sterile, used once, and safely destroyed.

What does the donor process entail?

All donors: Both whole blood and automated donors start by completing a registration form and health history questionnaire. Next, a confidential review of the health history questions and a mini physical will be performed by a highly trained staff person. Your pulse, blood pressure, temperature and hemoglobin level are checked. All donors are required to show identification with a photo or signature.

All materials used throughout the process are sterile and disposable. They are used once and properly discarded.

After your donation, you will be asked to relax and enjoy light refreshments before you resume your normal activities for the remainder of the day.

A whole blood donor needs to plan on being with us for approximately 1 hour. The actual donation only takes approximately 10 minutes, but the process described above brings the time to just about 1 hour.

An automated donation can take between 1 and 1-1/2 hours depending on various factors. Therefore donors should plan on being with us for 2 to 2-1/2 hours for the entire process.

What is an automated donation?

Automation helps more patients because you are able to donate more than one blood component at a time, such as a red blood cell and single donor platelet, two red blood cells, or a plasma platelet combination. During this procedure blood is drawn from one arm and passed through a cell separator where the needed blood components for the patients are removed and the other components are returned to the donor. The donor benefits because you save time; one trip to the blood center, one medical history, one phlebotomy, but multiple products are collected. Because a smaller needle is used and more fluid is returned to the donor, people report a pleasant experience with just a little more time for the actual donation.

Are the health history questions necessary every time?

To ensure the safest possible blood supply, all screening questions must be asked of all donors at each donation. The FDA requires that all blood centers conform to this practice.

YES! I would like to be a donor. Please call me for an appointment.

NAME _____ DATE _____

EMAIL _____ BLOOD TYPE _____

HOME PHONE _____ BUSINESS PHONE _____ CELL PHONE _____

BEST TIME TO CALL: DAY _____ EVENING _____

Please detach this card and leave it with a Blood Center staff member or mail to:

NBAH Blood Center
Donor Recruitment
Clinical Academic Building
125 Paterson Street
New Brunswick, NJ 08901