

# Make a difference!

**Your guide to saving lives  
through blood donation**



**Memorial**  
BLOOD CENTERS

# You have the power to change lives

Every two seconds someone needs blood. Accidents happen 24/7, putting family, friends, and neighbors at risk. Premature infants arrive at all hours, many requiring up to four transfusions to survive. Blood saves the lives of burn victims, organ transplant recipients, and those undergoing treatment for cancer. And because blood cannot be synthetically made, there is no substitute.

Only volunteer blood donors who roll up their sleeves can generously give the gift of life.

- ▶ Following a tradition set by their fathers, this fun-loving couple donates blood to save lives. View their story at [MBC.ORG](http://MBC.ORG).



# What blood is... and why it matters

Produced in the bone marrow and typically collected in what is called a whole blood donation, blood is ultimately separated into three unique components, each delivering a life-saving benefit to someone in need.

	What they do	Who they help
<b>platelets</b>	control bleeding	leukemia, cancer, and cardiac surgery patients, burn victims, and people with bleeding disorders
<b>red blood cells</b>	carry oxygen throughout the body	premature infants, trauma victims, surgical patients, people battling cancer, sickle cell, or kidney disease, and anemia
<b>plasma</b>	promotes clotting	burn victims, cardiac surgery patients, people with bleeding and immune disorders

platelets	< 1%
red blood cells	45%
plasma	55%



View donor and recipient stories at [MBC.ORG](https://www.mbc.org)

## What happens to my donation after I give?

Your blood is labeled, tested, and typed to identify its ABO type and a positive or negative Rh factor. It is then ready for distribution to one of our many hospital partners, reaching a patient within about 10 days.

## How long does blood last?

Blood products expire and must be constantly replenished. Red blood cells must be used within 42 days, platelets within 5 days. Plasma can be frozen for up to one year. Regular donations help ensure that blood is available for patients when they need it—especially in an emergency.

## Can I receive payment for my blood donation?

No. All donations made through Memorial Blood Centers are voluntary. In fact, blood that is collected from people who have been paid cannot be used for transfusion.

## What will I feel like after donating?

Whether donating for the first or the 50th time, light-headedness can sometimes happen. That is why taking steps to prepare for a positive donor experience, relaxing in the Donor Café, and drinking plenty of fluids before and after you donate is so important.



## Did you know?

**38% of us are eligible to donate, yet only 7% do. Please be one who steps up to do your part. Visit [MBC.ORG](https://www.mbc.org) and make a date to save a life today.**

# Donated blood's journey

1

## Preparing your blood

After your unit of blood is collected—along with several small vials used for testing—your blood donation is labeled and then transported to one of our two component laboratories, located in St. Paul and Duluth. The small vials for testing are transported to the donor testing lab in St. Paul.

2

## Separating blood components

Whole blood donations are separated into three essential components—red cells, platelets, and plasma.

3

## Testing

Your blood is typed, which includes identifying the ABO type and a positive or negative Rh factor, and each vial of blood is tested for safety.

4

## Storage and transport

After your blood has been divided, passed all tests, and been properly typed and labeled, it is stored in large refrigerators and freezers at Memorial Blood Centers in St. Paul or Duluth. It is now ready for distribution to hospitals and to the patients whose lives will be saved or sustained by this generous gift.

5

## Transfusing your blood to patients in need

The final step in your donated blood's journey is when the right type of donation you have made reaches the right patient.

# How many lives could you save?

If you began donating blood at age 16 and donated every 56 days until you reached age 76, you would have donated over 48 gallons of blood, potentially saving over 1,100 lives!

Units Donated	Gallons Donated	Potential Lives Saved	
8	1	24	
16	2	48	An NFL football team!
24	3	72	
32	4	96	
40	5	120	
48	6	144	
56	7	168	
64	8	192	All Minneapolis Farmer's Market vendors
72	9	216	
80	10	240	
88	11	264	
96	12	288	Employees at all Pizza Lucé locations



Make blood donation a family tradition

Be a blood donor. And ask your friends and family to donate, too.

[MBC.ORG](http://MBC.ORG) or 1-888-GIVE-BLD

## 4 easy steps to make a life-saving gift

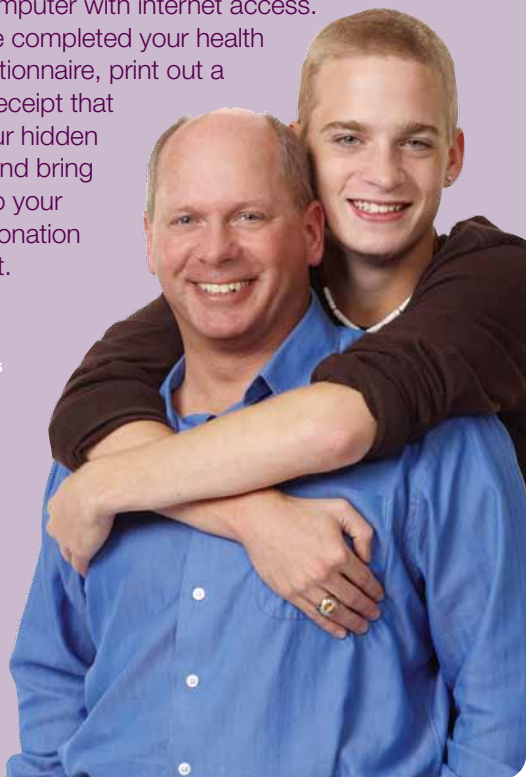
Through 11 donor centers and thousands of community-sponsored blood drives every year, Memorial Blood Centers invites you to give the gift of life. Appointments can be made in advance online at [MBC.org](http://MBC.org) or by calling **1-888-GIVE-BLD** (888-448-3253).

On the day of your appointment, visit [MBC.ORG/iDONATE](http://MBC.ORG/iDONATE) to review donor education materials and complete a personal health history that asks about your general health, medical history, foreign travel, and risk behaviors as required by the FDA. All results are confidential and used to determine your eligibility to donate that day.

Safe, secure, and available 24/7, iDonate Interview is a computer-assisted, self-interview program accessible from any computer with internet access.

Once you've completed your health history questionnaire, print out a bar-coded receipt that contains your hidden responses and bring it with you to your same-day donation appointment.

View donor and recipient stories at [MBC.ORG](http://MBC.ORG)



1

## Registration

Verify your name, address and birth date, present a photo ID, and read the educational materials provided (If you haven't already done so through iDonate Interview). 16 year-old donors must provide a completed and signed Parental Consent Form (available at [MBC.ORG](https://www.mbc.org)).

2

## Interview

A Collection Specialist will conduct a mini-physical—e.g., check your pulse, blood pressure, blood count—and scan your iDonate Donor Receipt, review all responses, answer any questions, and verify eligibility. [Note: if you have not completed the iDonate Interview online on the day of your donation, you will be required to complete the questionnaire during your appointment.]

3

## Donate

Relax in a comfortable chair and roll up your sleeve. In just about 10 minutes, you will have done your part to save or sustain as many as three lives by donating approximately one pint of blood—out of the 8 to 10 your body typically contains.

4

## Relax

Sit and enjoy the beverages and snack provided in the Donor Café. If you feel faint or experience any unfamiliar sensation that concerns you, a staff member or Café volunteer will be available to assist you immediately. Once you are ready, you can enjoy the rest of your day knowing that you just helped save lives!

## Did you know?

More than 4.5 million people need blood transfusions each year throughout the U.S. and Canada. Learn more about blood at [MBC.ORG](https://www.mbc.org).

# Prepare for a positive donation experience

- Make iron-rich foods part of your daily diet to help restore the minerals your body needs to replace donated blood. This is especially important for female donors.
- Get a solid night's sleep before donating.
- Eat a full meal within six hours prior to your appointment.
- Make sure your system is fully hydrated. Drink 12-16 ounces or more just prior to donating and plenty of fluids for the remainder of the day.
- Avoid strenuous physical activity or heavy lifting for a few hours after donating.

## Donating blood is safe & convenient when you are:

- In good health
- 17 years or older—16 with parental consent\*
- At least 110 pounds
- Free from antibiotics for 24 hours
- Symptom-free for at least 3 days following a cold or flu

\* Specific height and weight restrictions apply for 16 to 18 year-old donors. Learn more about eligibility requirements and download the parental consent form at [MBC.ORG](https://www.mbc.org).



# Get the facts

## Why is donating blood so important?

One in every 3 people will need blood at some point in their life. It could be a friend, neighbor, or family member. Or, it could be you. From natural disasters to emergency procedures to life-long battles with chronic diseases such as sickle cell, the demand for blood is constant. The supply is not.

## Is donating safe?

Yes. There is no risk of contracting an infectious disease. The needle used during your donation is sterile, used only once, and discarded. And comprehensive testing—for hepatitis, HIV, West Nile, among others—ensures that blood is safe for donors and recipients alike.

## What if I'm afraid of needles?

Many people feel that way before they donate blood for the first time. However, nearly all donors find the impact of their courageous act—saving a life—extremely rewarding compared to a split-second pinch of the skin.

## Who does my blood help?

With every whole blood donation you make, your life-saving gift goes to save the lives of as many as 3 people in need.

1 hour = 1 pint of blood = 3 components = **UP TO 3 LIVES SAVED**

## How often can I donate?

Type of donation	Frequency
Whole blood	56 days
Platelets	2 weeks
Double red blood cells	112 days
Plasma	28 days



**Memorial**  
BLOOD CENTERS

Give blood. It's easy to do the right thing.

## Make a date to save a life today

Join in Memorial Blood Centers' mission to save lives through blood donation—as a donor, volunteer, financial contributor, or blood drive sponsor. Visit [MBC.ORG](http://MBC.ORG) or call 1-888-GIVE-BLD (888-448-3253).

## Stay in touch



Get the latest news and updates on events, promotions, and life-saving stories. Plus, help spread the word about saving lives through blood donation.

## About Memorial Blood Centers

Memorial Blood Centers has been saving lives for over 60 years as an independent nonprofit supplying life-saving blood to area hospitals and other partners throughout the U.S. Operating 11 donor centers and conducting hundreds of blood drives each month, Memorial Blood Centers also provides comprehensive testing and expert technical services as a national leader in transfusion medicine. For more information, call 1-888-GIVE-BLD or visit [MBC.ORG](http://MBC.ORG).



**Memorial**  
**BLOOD CENTERS**

FORM DC-091.5 • 9/2011  
©2011 Memorial Blood Centers