

## GENERAL ELIGIBILITY REQUIREMENTS

- Donors must weigh a **minimum of 110 pounds**.
- Donors must be **16 years of age or older**; written consent by parent/guardian is required for 16- year-olds to donate blood. Persons 17 years of age or older may donate without consent (unless required by their high school). There is **no upper age limit** for blood donors.
- Unless performed in the state of New Jersey, donors who have received a **tattoo** are deferred for three (3) months. Donors who have received an **ear/body piercing** are eligible if the facility is on our approved list. If the facility is not on the approved list, donors are not eligible for three (3) months from the date of the tattoo/ piercing.
- Donors with **symptoms of cold or flu**, stomach virus, fever and/or sore throat are not eligible to donate blood until they are without symptoms. Donors taking **antibiotics** are eligible to donate the day after the last dose, if recovered from the condition for which it was prescribed.
- Donors with Squamous or Basal Cell Carcinoma of the skin may donate. Donors with Melanoma may be eligible to donate after evaluation by our Medical Director. Donors with Blood Cancer (leukemia or lymphoma) are not eligible to donate. Donors with other **forms of cancer** are eligible to donate one (1) year after the date of last treatment and cancer free.
- Donors who recently had **surgery** are eligible if they have completely recovered and are no longer under a doctor's care for the condition, and a blood transfusion was not necessary. Individual assessment by a screener is required.
- Donors **recently giving birth** are eligible if six (6) or more weeks have elapsed since delivery, they are no longer under a doctor's care, and a blood transfusion was not necessary.
- **Travel outside the United States** requires individual evaluation for possible exposure to infectious diseases. For more detailed information on temporary and/or indefinite deferrals as a result of travel outside the US, visit our website at GIVEaPINT.org.

For additional eligibility information,  
please visit [GIVEaPINT.org](https://www.giveapint.org).

## MILLER-KEYSTONE BLOOD CENTER

is a not-for-profit organization that supplies life-saving blood products to local and regional hospitals.

For a list of donor center locations and hours,  
please visit our website:

[GIVEaPINT.org/blood-donor-center-locations](https://www.giveapint.org/blood-donor-center-locations)



Your Blood. Their Hope.®



**MILLER-KEYSTONE  
BLOOD CENTER**

Your Hospital's Choice for Life-Saving Blood.

**800-B-A-DONOR • GIVEaPINT.org**



Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

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Your Blood. Their Hope.®  
**MILLER-KEYSTONE  
BLOOD CENTER**

# HEALTHY DONATION TIPS

## Donation Process & Eligibility



# DONATING BLOOD: STEP-BY-STEP

## BEFORE YOUR DONATION

### COMMIT

- Visit GIVEaPINT.org, call 1-800-B-A-DONOR, or contact your coordinator.

### EAT & HYDRATE

- Be sure to eat a hearty meal before your donation. Choose salty food because your body can lose up to 2 grams of salt during donation.
- Drinking plenty of water or non-caffeinated drinks will help ensure that you have a pleasant donating experience.

### DONATION PROCESS

- The Whole Blood donation process, from registration to refreshments, takes approximately 45 minutes. The actual donation time is less than 15 minutes.
- The Double Red Blood Cell donation process takes 1 to 1 ½ hours.
- The Platelet donation process takes about 2 hours.

## DURING YOUR DONATION

### STEP 1: REGISTRATION

- Present your Miller-Keystone Blood Center Donor ID Card or proper identification (e.g. driver's license, birth certificate, etc.)

### STEP 2: MINI-PHYSICAL

- During the mini-physical, we check temperature, pulse, hematocrit and blood pressure.

### STEP 3: DONOR HISTORY QUESTIONNAIRE

- For your convenience, you can answer your donor history questionnaire prior to arriving for your blood donation using iScreen at [www.GIVEaPINT.org/iScreen](http://www.GIVEaPINT.org/iScreen). If you cannot access iScreen prior to your arrival, you will have the opportunity to answer your questions in a secure, private setting at the Blood Center or blood drive.
- You will be asked to answer questions about your health history, travel and lifestyle.
- All health history information is kept strictly confidential.

### STEP 4: DONATE

- A trained Collections Specialist will select the vein to be used and clean the area of the arm that will be used for your blood donation.
- Once the needle is in place, you'll squeeze a ball to keep the blood flowing.
- To reduce the chance of a reaction, contract the muscles in your lower body by alternately raising a foot a few inches off the chair for a few seconds at a time.
- After your donation is complete, the needle is removed and a pressure wrap is applied.
- We ask that you keep your bandage on and dry for 24 hours.

### STEP 5: RELAX & REPLENISH

- For your safety, after your donation, you will be asked to sit on the edge of the phlebotomy bed for 1-2 minutes. You will then be asked to stay in our canteen for at least 15 minutes, where you will sit, relax, and have a snack and drink with our friendly Volunteers.



## AFTER YOUR DONATION

### HYDRATE

- Drink plenty of water or non-caffeinated and non-alcoholic drinks for the rest of the day to restore your fluid balance.

### RELAX

- Avoid strenuous activity or heavy lifting after your donation.

### CHECK YOUR RESULTS

- Visit the My Profile section at GIVEaPINT.org to see all your mini-physical results that were taken the day of your donation.
- If you feel sluggish, drink electrolyte replacement fluids (e.g. Powerade® / Gatorade®) and get plenty of rest.
- If you feel light-headed, lie down and prop your feet up higher than heart level until you are feeling better.
- If you do not feel better contact Diane L. Wiest, RN at 484-225-8351 or [dwiest@GIVEaPINT.org](mailto:dwiest@GIVEaPINT.org). If you feel it is a true emergency, contact your family physician or visit the closest medical facility.

...and ENJOY YOUR GOOD DEED!

Your Hospital's Choice for Life-Saving Blood.  
**Miller-Keystone Blood Center**

