

DONOR GUIDELINES & FAQs



Donor eligibility requirements are established by the United States Food & Drug Administration & state regulatory agencies. Donor eligibility rules help to protect the health and safety of the donor as well as the person who will receive a blood transfusion. The general guidelines listed below will help you determine if you are eligible to donate blood or platelets.

Donors should eat a meal prior to giving blood & be well hydrated on donation day

Age:

Minimum age is 16 years old. Parental consent is required for blood donation by 16 year olds; No parental consent is required for those who are at least 17 years old. All Collier County Public Schools Students must provide parental consent regardless of age if donating on school campuses. There is NO upper age maximum requirement for giving blood.

Blood Count:

Your blood must contain an adequate red cell count. The red cell level will be checked on the day of your donation.

Blood Pressure:

We test every donor to make sure his or her blood pressure is within the range we can accept. There are no restrictions if your blood pressure is controlled by medication.

Cancer:

You **may** be eligible to give blood depending on the type of cancer you have had and the date of therapy completion. You **cannot** donate if you have had blood related cancers such as Leukemia, Lymphoma, Hodgkin's and Non-Hodgkins or if you have had cancer or cancer treatment including surgery, radiation, or chemotherapy *within* one year. If you have had other types of cancer and it has been more than 12 months since treatment was successfully completed with no cancer recurrence then you are eligible to donate

Ear Piercing:

Donors are eligible provided that the instruments used were sterile or were single-use equipment. 12 month waiting period if there is any question whether or not the instruments used were sterile and free of blood contamination. This requirement is related to concerns about hepatitis.

Health:

Donors must be in good general health to give blood. Donors must feel well & healthy and be able to go about normal daily activities.

Identification: Photo ID is required at time of donation.

Medication:

Prescribed medications don't necessarily disqualify you. Our staff can determine your eligibility during the medical history taken before you donate, or you may call our donor center in advance: 239-624-4120

Pregnancy:

A woman who is currently pregnant or has been in the last 6 weeks cannot donate. Breast feeding moms can donate blood 6 weeks post-delivery.

Received Blood Product Transfusion:

12 month deferral for donors who received a blood product. If a donor receives an autologous donation (Donations that individuals give for their own use with a doctor's prescription prior to a surgery or medical procedure) then donor is eligible once released from doctor's care.

Seasonal Flu Shots: No deferral period

Travel: Certain restrictions apply. Please call Community Blood Center 239-624-4120

Tattoos & Body Piercings:

If tattoo/body piercing was acquired in Florida or Georgia - 2 week deferral and fully healed
If tattoo/body piercing was acquired outside of Florida or Georgia- 12 month deferral

Vaccines/Shots: Eligibility varies depending upon medication

Weight: Minimum 110 pounds

YOU CANNOT DONATE IF:

- You are currently taking antibiotics for an infection. (You can donate 24 hours after the last dose was taken provided that you are also infection/symptom-free)
- Have a history of viral hepatitis, unexplained jaundice after age 11, or have lived with or had sexual contact in the past 12 months with anyone who has had active viral hepatitis
- You have traveled to or lived in the United Kingdom for 3 months or more between 1980 and 1996
- You have received a blood transfusion in the United Kingdom between 1980 and the present
- You have traveled to or lived in Europe for 5 years or more between 1980 and the present
- Between 1980 –1990 you were military personnel or dependent residing at a U.S base in Northern Europe for 6 months or more (Germany, United Kingdom, Belgium, Netherlands)
- Between 1980 –1996 you were military personnel or dependent residing at a U.S base elsewhere in Europe (Greece, Turkey, Spain, Italy, and Portugal)

The information listed above is intended to instruct donors on the very basics of donor criteria. Additional eligibility criteria can be determined at time of donation or donors can call the Community Blood Center in advance at 239-624-4120.

DONATION PROCESS:

Sterile procedures and disposable equipment are used in all locations. Needles are used only once and then they are disposed. You **cannot** contract HIV or other viral diseases by donating blood.

Will donating blood hurt? You may feel a slight sting in the beginning lasting only a couple of seconds, but there should be no discomfort during the donation.

- Upon arrival donors will present their photo ID so that the registration process can begin. Donors will complete the Donor History Questionnaire provided to them
- Prior to donating, one of our professional staff members will discuss your health history with you in a private, confidential setting. Then a mini-physical will be done to measure your blood pressure, pulse, temperature and red blood cell count
- Once your eligibility has been determined, we'll conduct the actual blood product collection
- Post donation donors will be given refreshment and additional guidance

TYPES OF DONATIONS/FREQUENCY OF GIVING:

There is no synthetic substitute for blood products despite scientific attempts. Human beings are the only source! Blood, platelets & plasma are needed by area patients 24 hours a day, 365 days a year. Your donation WILL help to save lives.

Whole Blood: People can donate whole blood every 56 days. This is the most common type of donation. Donations can be made on the Community Blood Center's bloodmobiles or at the Naples Branch. It usually takes less than an hour to donate whole blood, from the time you arrive to the time you leave. The actual blood draw is a safe and simple procedure that lasts approximately five to seven minutes. You may resume your usual daily activities after you leave. Once a person gives whole blood, the pint is broken down in the lab into 3 separate components: red cell, plasma & platelets. Up to 3 local patients can benefit from a single donation!

Automated Platelet Apheresis: People can donate platelets every 2 weeks. This procedure is done at the Community Blood Center Naples Branch office located on the NCH Baker Hospital Downtown Campus in the Medical Plaza Bldg. 311 Ninth Street North Suite 108 Naples, 34102. Donors should call the Community Blood Center to schedule an appointment 239-624-4120. Like whole blood a single needle is used which is connected to an automated collection device. Blood is carefully drawn from one arm and sent through a sterile tube to a device that automatically separates and collects the components that are needed for patients. The parts of your blood not requested for collection are safely returned to you. The donation takes approximately 2 hours. Platelet donors are free to enjoy watching a film, listening to music or reading a book. Platelets are a vital element of cancer and organ transplant treatments and surgical procedures-they help prevent massive blood loss.

- Through an automated donation, an individual can donate enough platelets in a single donation to provide one or more patient doses. Automated collection donors are special. Your donations fulfill the unique needs of patients by providing the right blood components when needed.
- It takes the combined efforts of four to six whole blood donors to produce only one unit of platelets for transfusion.

Automated Red Cell Apheresis (Also referred to as a double red cell donation): **People can donate double red cells every 112 days at our Naples Branch only.** It is safe & easy to do. It takes about 25 minutes longer than a whole blood donation. Double red cell donations are much like regular blood donations in terms of volume taken from the donor. The difference is that only red cells are collected, while the plasma & platelets are returned to the donor. In a regular blood donation donors give combination of red, cells plasma & platelets. As a double red cell donor you can give us more of what we need most for area patients.

Autologous Donations

Donations that individuals give for their own use with a doctor's prescription prior to a surgery or medical procedure

Directed Donations

Donations made for a specific patient by a friend or family member with a doctor's prescription.