

GIVE BLOOD GIVE LIFE

When a friend or family member is ill, there is nothing more frustrating than thinking there is nothing you can do to help. But there is something you can do...

You can assist in your family member's or friend's treatment. You will be helping in their recovery by donating the blood and platelets they need. You will actually be sharing your life with them.

**BLOOD CAN BE DONATED
EVERY 56 DAYS.**

**PLATELETS CAN BE
DONATED EVERY 7 DAYS
(UP TO 24 TIMES A YEAR)**

GIVING

WHAT NEXT?

Once you've decided to donate, please call the donor room and make an appointment. We will try to accommodate your needs and get you through the donation process as quickly and easily as possible.

When you get to the Donor Room, you'll **complete a medical history form** and sign a consent. The consent allows us to perform the tests that are required.

A 'mini-physical' is done next. We'll check your blood pressure, pulse, temperature, and hemoglobin level to make sure you can safely donate. Then, if everything is okay we'll escort you into our donor room where you can donate your blood or platelets.

NOW WHAT?

In the donor room, our expert staff, using brand new, sterile, disposable collection kits, will collect your blood or platelets while you relax in one of our comfortable donor chairs.

COMES FROM THE

You can watch TV or read a magazine. If you are donating platelets, you can also watch a movie from our movie list.

Afterwards, you are encouraged to relax for at least 15 minutes while you enjoy some refreshments.

**Donating blood will take
about 35 minutes.**

**Donating platelets will take
about 2 hours.**

We will prepare your donation to be transported to the Blood Bank Laboratory to be typed and sent for the required testing.

Our **Directed Donor Program** is designed so you can donate specifically for your friend or family member. All we need is the patient's name. Tags with the name and medical history number of the person for whom you are donating will be attached to the collection containers.

HEART

WHO CAN GIVE BLOOD?

Though the FDA has established specific criteria to determine who is eligible to donate blood, most people do qualify to serve as donors. In general you must be:

- **AT LEAST 17 YEARS OF AGE**
- **WEIGH AT LEAST 110 POUNDS**
- **BE IN GOOD HEALTH AND FEEL WELL**
- **Have eaten a full meal within 4 hours of donation**

If you are not feeling well, do not donate. You could pass on whatever you have to the person receiving the blood or platelets. When all your symptoms are gone and you've been feeling good for at least 3 days, you will be eligible to donate.

Many people taking medications are often concerned that they cannot donate blood or platelets – but most medications are acceptable, including those for blood pressure, allergy and birth control pills.

If you are donating platelets, there are restrictions on the use of aspirin and ibuprofen; please contact the donor room to determine eligibility.

Please contact the donor room with any eligibility questions you may have.

CONTACT THE Blood Donation Center

to schedule an appointment or if you have any questions:

773-702-6247

DonorServices@uchospitals.edu

THE DONOR ROOM IS OPEN MONDAY THROUGH FRIDAY

Monday – Friday 8:00AM – 4:30PM
Closed Saturday and Sunday



**University of Chicago
Medicine**
Blood Donation Center
Duchossois Center for Advanced
Medicine (DCAM) **Room 2E**
5758 South Maryland Ave.
Chicago, IL 60637-1470



HOW CAN I HELP?

**In our Donor Program
you can donate
Blood and Platelets
for the University of
Chicago Medicine
patients.**

