

Giving blood is safe and easy and takes about an hour. To be a blood donor, you must be at least 17 years old (16 with a signed BloodSource parental consent form), weigh 110 pounds and be in good health. From start to finish, the blood donation process consists of four easy steps:

Step one: Registration (7 – 10 minutes)

When you arrive to donate, you will be asked to give your name, address and telephone number.

Step two: Medical History (15 – 20 minutes)

You will answer some confidential questions about your medical history to confirm that you are eligible to give blood. Then your temperature, pulse, blood pressure and hemoglobin will be checked. Now, you're ready to give blood!

Step three: The Blood Donation (15 – 20 minutes)

After cleaning and sterilizing your arm, a phlebotomist will insert a needle, you should feel only a slight pinch. The needle is completely sterile, is used only once and is then discarded. Approximately one pint of blood will be drawn. Because the equipment is sterile and disposable, you cannot contract any disease from the blood donation process.

The actual donation process only takes 5 – 10 minutes.

Step four: Rest and Refreshments (10 – 15 minutes)

After the blood donation, you will be asked to rest briefly and have some light refreshments provided by BloodSource before resuming your normal activities.