

Q&A



Don't be nervous! Donate with a friend!

Q. How much blood is taken?

A. Approximately one pint. As a general rule, adults have about 10 to 12 pints in their body.

Q. How long does it take to replenish the blood I have donated?

A. Your body replaces plasma in about 24 hours, red cells are restored in two to four weeks, and platelets are replenished in about 72 hours. You should drink extra fluids, like water or juice. Do not do any heavy lifting with your arm for 12 hours. You may give once every 56 days in order to allow plenty of time to replenish your red cells.

Q. How soon after donating can I practice sports?

A. You should avoid strenuous activity such as lifting, pushing or picking up heavy objects for 12 hours after giving blood. Drink plenty of fluids. Stick to a light workout or practice, depending on how you feel. It's a good idea to wait three days before practicing vigorously or competing, as you may get dehydrated.

Q. Can I donate if I'm menstruating?

A. Yes, as long as you feel well on the day of the donation.

Q. How will I feel after I donate?

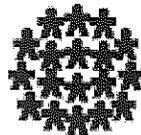
A. Most people feel no difference. *Eat breakfast or lunch before donating and be sure to drink plenty of nonalcoholic, noncaffeinated beverages, like water or juice.* That will make a big difference in how you feel afterwards...You'll feel like a hero.

the need never stops

Most of us will require a blood transfusion at some point in our lifetimes. To meet the needs of patients in our community, at least 900 people must register to donate blood through Puget Sound Blood Center every weekday.

Did you know you can safely donate blood every 56 days-- or as many as six times a year?

- You can help patients who need blood transfusions to treat life-threatening conditions
- Your donation is critical in helping the community maintain a stable blood supply for emergencies.
- Donating blood takes only one hour, but can help three people.
- Donation is convenient: Donors can visit the Blood Center's nine donation centers, or one of the more than 3,500 blood drives at businesses, churches and high schools throughout Western Washington. For a blood drive schedule or to schedule an appointment, call 1-800-398-7888 or visit www.psbcc.org.

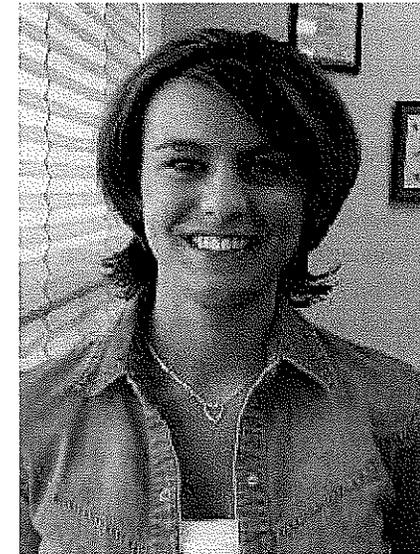


Puget Sound
Blood Center

921 Terry Avenue
Seattle, WA 98104
1-800-398-7888
www.psbcc.org

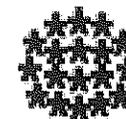
first timer's

guide to giving blood



"I wouldn't be here today if people hadn't donated to Puget Sound Blood Center."

At 17, Monique required six units of blood, more than half of her body's blood supply, as a result of injuries sustained in an automobile accident. Today she's alive, well and starting college, thanks to generous blood donors like you.



Puget Sound
Blood Center

every two minutes

someone in Western Washington needs a blood transfusion...

Yet fewer than five percent of the people who are able to give blood actually do so—and most of them give only once a year.

That's why Puget Sound Blood Center is working hard to recruit new blood donors. Because patients in hospitals throughout Western Washington need your help!

With less than an hour of time and a pint of blood, one volunteer donor can help up to three people—premature babies, children and adults with cancer and leukemia, surgery patients and victims of traumatic injury—people like the ones in your neighborhood, school, or even your own family.

facts about blood

After you donate blood, the unit is separated into components (red cells, platelets and plasma). Different patients need different types of blood components depending on their illness or injury:

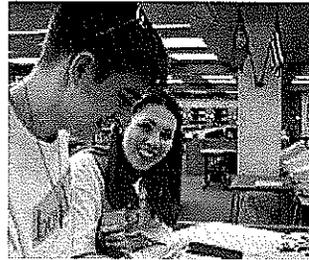
→ **Red cells deliver oxygen** and last up to 42 days and can benefit surgery patients.

→ **Platelets help control bleeding** and expire after only 5 days. Cancer patients or bone marrow transplant recipients need your platelets to prevent hemorrhaging. As many as 6-10 donors are needed for each platelet transfusion.

→ **Plasma carries blood cells** and can be stored for up to 12 months if frozen. Patients with burns, shock or dehydration need your plasma. Hemophilia patients need hundreds of volunteer blood donors for a single transfusion.

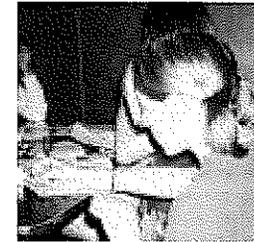
giving blood is quick, easy and safe

Be sure you eat a balanced meal and drink plenty of juice or water at least four hours prior to giving blood. And get a good night's sleep, too!



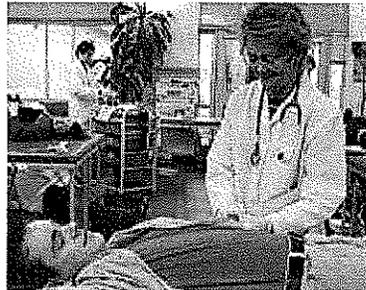
step 1

Read the "What you must know before donating blood" information sheet before registering.



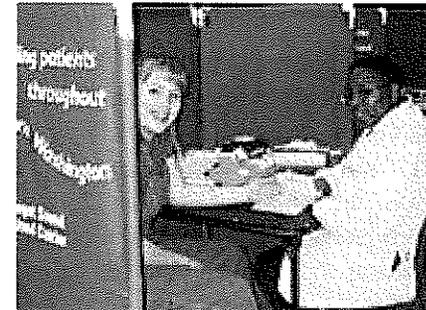
step 2

Complete a confidential health history questionnaire.



step 4

Relax on a donor bed while a unit is collected by specially trained staff. Sterile, disposable equipment is used to collect each donor's blood. The actual donation takes about 10 minutes.



step 3

A professional collection staff member conducts a medical history interview and brief health check of your blood pressure, temperature, pulse, and iron level.



step 5

Drink plenty of fluids before and after your donation. Enjoy some cookies, too! The entire process takes about an hour.



You must be at least 16 years old, weigh 114 pounds and in good health. Those 16 & 17 must have a signed Blood Center permission slip. For eligibility questions please call 1-800-DONATE-1, ext. 2543 or clinicalprogram@psbc.org

Give Blood, You've got it in you!