

# BLOOD DRIVE FREQUENTLY ASKED QUESTIONS

## **How many donors do I need to have a blood drive?**

The Adirondack Regional Blood Center of UVM/CVPH has a goal to collect 50 units of blood per day. We ask that at least 15-20 be obtained from mobile blood drives.

## **Where can blood drives be held?**

Holding a blood drive requires a clean, well-lit space large enough to fit 3-4 tables, 6-12 chairs and 2-6 beds. We require access to a restroom and parking for our delivery truck. The blood donor program provides the donor beds, medical equipment and refreshments. We ask you to provide the tables and chairs.

## **What is a “committed” donor?**

Someone who as signed up to give blood is more likely to donate than a “walk-in”. You may consider having a sign up sheet to encourage people to donate.

## **How do you get people to sign up?**

ASK THEM! The main reason people don’t donate is because they have not been asked. Tell potential donors that each donation helps up to 3 people.

## **Does it hurt to donate?**

Most donors will tell you they only feel a slight pinch when the needle is inserted. It is worth the pinch to know that your donation can help save a life.

## **How long does it take to donate?**

Our goal is to have donors spend less than 40 minutes “from paperwork to cookie”. The actual donation of one pint of blood takes about 7-10 minutes.

## **What if something is wrong with my blood?**

You will be notified confidentially of any positive blood test results.

# Before you donate blood...

*North Country Blood for North Country People*

Please answer all questions honestly.

Please eat well at least 4 hours before you donate.

Drink plenty of fluids before and after you donate

Do not attempt to donate if you have had a cold or flu symptoms in the past 3 days.

Please tell the donor staff all medications you are taking.

Certain travel may exclude you from donation, please notify our staff of any Military or recent travel.

## AFTER YOU DONATE BLOOD.....

Do NOT smoke for 2 hours. Avoid Alcohol for 4 hours.

Keep your bandage on for 4-5 hours.

Feel free to contact the blood donor center at the number below if you have any questions.

All information given to our staff is confidential.

Phone: 518-562-7406  
Fax: 518-562-7746  
Email: ncr1@cvph.org

Adirondack Regional Blood Center  
UVM/CVPH  
85 Plaza Blvd.  
Plattsburgh, NY 12901

Champlain Valley Physicians Hospital

**Adirondack Regional Blood Center**, a service of the University of Vermont Health Network/ CVPH

*General Blood Donation Eligibility Requirements:*

- Be at least 16 years of age.\*\* Anyone age 16 or 17 must have a parent or guardian signature.
- Weigh a minimum of 110 pounds
- Be in good general health
- No cold or flu symptoms (or infections) for 3 days

*Common Medical Conditions:*

<b>Medical condition</b>	<b>Specifics</b>	<b>Acceptable?</b>
Acid Reflux		Yes
Allergies		Yes, if controlled
Cancer		Discuss with Donor Center staff
colds		Yes, if symptom free for 3 days
Diabetes	Type 1 and 2	Yes, if controlled
Heart Conditions		Discuss with Donor Center staff
High Blood Pressure		Yes, if controlled
High Cholesterol		Yes, if controlled
Liver disease		Discuss with Donor Center staff
Lung disease	Asthma, <u>yes</u> , if controlled	Other than Asthma, Discuss with staff
Pregnancy	Current or within past 6 weeks	No
Piercings/ Tattoos		No, you must wait <b>3 months</b>
Seizures		Discuss with Donor Center staff