



Know the Facts

Health



Blood Donation Q&A

Can I give blood?

You can become a blood donor, if:

- You are between 18 and 65 years old.
- You weigh over 50kg. Blood volume collected will depend mainly on your body weight.
- You are healthy.
- Your pulse rate is between 60 and 100 beats/minute with regular rhythm.
- Your blood pressure is between 90 and 160 systolic and 60 and 100 diastolic.
- Your hemoglobin is at least 125 g/L.

What should I do before I donate?

Eat a good meal and drink plenty of fluids.

Can I donate if I have a cold, flu or fever?

No. You must be symptom-free from cold, flu or fever on the day of donation.

I am taking medications. Can I still donate blood?

Many medications are acceptable. Consult your physician to be sure you're healthy enough to donate. Do not assume that you are ineligible without inquiring first.

Will recent vaccinations make me ineligible to donate blood?

Recent vaccinations may prevent you from donating blood. Flu vaccines do not make you ineligible.

Are the health history questions necessary every time?

Yes. Screening questions must be asked of all donors at each donation.

Sources: <https://www.redcrossblood.org/faq.html>
<https://americasblood.org/for-donors/blood-donation-101/>
<https://ekeia.gr/αιμοδοτης/για-να-γινω-αιμοδοτης/ποιος-μπορει-να-δωσει-αιμα/>
<https://www.mayoclinic.org/blood-donor-program/faq>

How long does it take to give blood?

The process for blood donation usually takes about 60 minutes. The collection itself usually lasting only about 10 minutes. The donation process includes registration, a brief medical screening, blood collection and refreshments.

How often can I give blood?

You can donate whole blood every 56 days. Red blood cells will return to normal levels within approximately two weeks of donation.



#ACGcares

#blooddonation

#donatebloodsaveslives

What should I know after I donate blood?

- Once the blood donation is complete, please wait for staff to assist you before attempting to stand.
- Follow staff instructions and proceed to the refreshment area for water and snacks.
- Drink plenty of water to ensure proper hydration and remain in the refreshment area for at least 15 minutes.
- Make sure the next meal you eat is healthy and well balanced.
- Do not smoke.
- Follow the blood center's additional instructions on how to take care of yourself after your donation.
- Now that you're finished, enjoy the satisfaction of helping to save a life!