

The minimum age is 16 (parental consent required) and the minimum weight is 110 pounds. At the age of 70 and again at age 75, pathologist consent is needed before donation. Donors over the age of 75 can donate at Lancaster General Blood Donor Center after approval from the Blood Bank Medical Director, but not at blood drive sites other than at the Lancaster General Hospital.

Recommendations Before and After Donating:

- Stay hydrated- drink 8-10 glasses of water a day prior to your donation
- Avoid highly caffeinated energy drinks
- Eat a substantial meal within 4 hours before giving blood
- No restriction on food or fluid intake
- Avoid alcoholic beverages at least 12 hours prior to donation
- Get a good night's sleep

After giving blood, avoid participating in strenuous physical labor or athletic activities for 24 hours.

Resume normal activities the next day

There must be an interval of 8 weeks or 56 days between donations.

Donors must be in good health

- No active cold, sore throat, nausea, diarrhea, flu or allergy symptoms for at least three days
- Prospective donors are asked not to donate during periods of extreme stress or fatigue

If you have the following diseases or conditions, you will not be acceptable as a blood donor:

- AIDS or AIDS-related diseases
- Active lung diseases such as TB or emphysema
- History of hepatitis or yellow jaundice
- Active stomach ulcers
- Active venereal diseases
- Heart disease
- Insulin-dependent diabetes
- Rheumatoid Arthritis
- History of cancer if not cancer free for 5 years or more

Certain conditions disqualify you for a limited time:

- Surgery- until full recovery and discharged from your physician
- A non-complicated pregnancy, blood can be donated six weeks post-partum.

- Anti-malarial medication disqualifies a person for one year
- Travel to high risk area for malaria will defer prospective donors for one year
- Other travel deferrals should be checked by calling the LG Blood Donor Center
- Accidental needle stick or direct open wound exposure to someone else's blood are deferred for one year
- Flu Shots are 24 hour deferral.

Deferrals due to certain medications are evaluated on an individual basis. Don't assume you cannot donate.

There is a one year deferral for the following unless special documentation is provided:

- A tattoo applied, ear or skin piercing, or acupuncture within the last 12 months requires a copy of the provider's license and documentation that the procedure is performed with sterile needles, and non re-used ink for tattoos
- Electrolysis is acceptable if the technician provides a letter stating they use disposable equipment

Those that should not donate blood:

People having a homosexual experience within the last 12 months

Past or present IV Drug Users

People with hemophilia

Those engaged in prostitution

Platelet Donors: No Aspirin or products containing aspirin at least 72 hours before your appointment. Do not take any non-steroidal anti-inflammatory (NSAID) medications, such as Ibuprofen for 24 hours before your appointment. Tylenol is acceptable.

Please call the Donor Center (544-0170) with any questions or for those conditions not addressed here

After your donation:

- Drink an extra four (8 ounce) glasses of liquids and avoid alcohol over *the next 24 hours*.
- Remove the wrap bandage within *the next hour*.
- Do not do any heavy lifting or vigorous exercise for *the rest of the day*.
- If the needle site starts to bleed, apply pressure to it and raise your arm straight up for about 5-10 minutes or until bleeding stops.
- If you experience dizziness or lightheadedness after donation, stop what you are doing and sit down or lie down until you feel better. Avoid performing any activity where fainting may lead to injury for at least 24 hours.
- Call us at 717-544-0170 to report any additional health information that you forgot to tell us, if you have any problems or if you needed medical care after giving blood.