



Penn Medicine

Lancaster General Health

# Be a Hero

*It's in your blood*

**Every three seconds, someone needs blood. The demand for blood is greater today than ever, and our community's supply needs constant replenishment.**

Donated blood saves the lives of accident victims, those undergoing surgery, NICU babies and patients receiving treatment for cancer and other diseases.

At Lancaster General Health we rely solely on the generous contributions of dedicated people who voluntarily donate blood so our patients have access to a safe and adequate blood supply.

Blood that's collected stays in Lancaster County to benefit members of our community.

*Giving blood truly is giving the gift of life.*

# Donating Blood Is Easy As 1-2-3

**Giving blood is simple and only takes about one hour!**

1. **Medical Questionnaire** – When you arrive to donate blood you will complete a medical health questionnaire. Questions include your past illnesses and current medications.
2. **Mini Physical** – Your pulse, hematocrit, blood pressure and temperature will be checked.
3. **Donate** – You will spend 10-12 minutes in a comfortable reclining chair giving the “gift of life.”

## **Blood Donor Information**

Donors must be in good health and must be free of any cold, sore throat, nausea, diarrhea, flu and active allergy symptoms for at least three days. The minimum age is 16 and the minimum weight is 110 pounds. There must be an interval of 8 weeks or 56 days between donations.

**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 diseases*
- *Insulin-dependent diabetes*
- *Rheumatoid Arthritis*
- *History of cancer if not cancer free for 5 years or more*
- *Tattoos and piercings must be at least one year old*

***Photo Identification is required***

## Why Should You Donate?

- **Giving blood helps prevent heart disease.** Men who donate blood are four times less likely to have a heart attack than men who do not donate blood.
- **Donating blood gives you a “helper’s high,”** and that’s good for your health. Studies show when a person helps another, the helper not only feels good, it is physically good for the helper’s body.
- **It lowers the iron buildup in your blood.** Men and postmenopausal women tend to accumulate iron in their blood, and several studies have shown this buildup may increase the risk of heart disease. Giving blood removes iron from your body.
- **You receive a blood type card.** Before giving your blood to someone, blood banks test the blood for infectious diseases and your blood type. We will send you a type card with your blood type.
- **Your body makes newer, more flexible blood cells to replace the ones you donated.** More flexible blood cells fit through your small capillaries better, improving blood flow through your body.

## Blood Type Frequency

Blood Type and Rh	United States Frequency	% of U.S. Population
O+	1 in 3	37.4%
O-	1 in 15	6.6%
A+	1 in 3	35.7%
A-	1 in 6	6.3%
B+	1 in 12	8.5%
B-	1 in 67	1.5%
AB+	1 in 29	3.4%
AB-	1 in 67	.6%

# Information for Frequent Donors

It is important that you eat healthy, iron-rich foods both before and after you donate.

## Before you donate

- Eat high iron foods
- Eat plenty of Vitamin C rich foods, which will help your body absorb iron from plant sources
- Avoid fatty foods, which may skew some of the tests performed on your donated blood
- Drink an extra 16 ounces of water or other fluids leading up to your donation time
- Eat a healthy meal within 4 hours of donating

## After you donate

- Immediately after you donate, eat foods that are healthy and provide quick energy
- In the next 24-48 hours, continue eating high iron and Vitamin C-rich foods and drinking plenty of fluids to replace those you've lost during donation



**High iron foods:** brewer's yeast, rice, calf liver, red meats, caviar, prune juice, cocoa, wheat germ, brown sugar, beans (soybeans, kidney, garbanzo), oysters, clams, scallops, shrimp, apricots, peaches, black walnuts, almonds, cashews, raisins, spinach, beets.

# How it Works...

- 1.** When you arrive to donate blood, you will fill out a health history form and be asked questions regarding your general medical health. A medical professional will check your vitals.
- 2.** After you've been cleared to donate, you will spend 10-12 minutes in a reclining chair or cot while you are donating. The blood is drawn from a vein in your arm into a sterile bag.
- 3.** Six extra tubes of blood are collected and sent to Lancaster General Health's Laboratory for screening. One tube is used to test your platelet count.
- 4.** 48-72 hours after the donation, the blood is available to be used by Lancaster General Health.
- 5.** Blood has a shelf life of 42 days.





**Lancaster General Health Blood Donor Center**  
**Suburban Pavilion**  
2104 Harrisburg Pike, Suite 202, Lancaster, PA 17601

**Directions**

- *From Lancaster:* From Route 30 West take the Harrisburg Pike Exit and turn right onto Harrisburg Pike. Travel West on Harrisburg Pike past Park City Mall. The Entrance to the Suburban Pavilion is located at the third traffic signal. Follow signs to the entrance of building 2104.
- *From York:* From Route 30 East take the Millersville Exit and turn left onto Rohrerstown Road. Turn right into the Suburban Pavilion. Follow the signs to building 2104.

**Blood Donor Center Hours**

Hours: Monday 10-7:30 pm | Tuesday 8-4 pm  
Wednesday 8-6 pm  
Thursday 8-4 pm | Friday 8-6 pm

Community Blood drives can be viewed at [LGHealth.org](http://LGHealth.org)

**Scheduling**

To schedule an appointment at the donor center call 717-544-0170 or go to [LGHealth.org](http://LGHealth.org) and click on the "Classes and Events" tab at the top of the page → "Events" → "Blood Donation."

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2104 Harrisburg Pike, Suite 202  
Lancaster, PA 17601  
717-544-0170

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