

# Blood Donation Tips

## Getting Ready to Donate

### To be able to donate, you must:

- Be at least 17 years of age or 16 with a signed permission slip.

- Weigh at least 120 pounds and have a picture ID.



- Be feeling healthy and well.

- Not had a tattoo in 3 months.



- Hydrate your body with water!

- A hydrated body makes for a successful donation.
- When you think you have had enough, **DRINK MORE!**



- Eat the morning of the blood drive.

- Prepare by eating iron-rich foods. Iron is an essential part of hemoglobin, Which needs to be at a certain level to donate. Increasing your intake of Vitamin C will help your body absorb iron. On the back, see a helpful list of foods you can eat.

Make an  
**IMPACT**  
in your  
community  
today!

As a blood donor, you're an essential part of saving lives. The more you do to take care of yourself and prepare for donation, the more local patients you'll be able to help.





4444 Bryant & Stratton Way • Williamsville, NY • 14221 | 517 East Washington Street • Syracuse, NY • 13202 | 11C Solar Drive • Halfmoon, NY • 12065

**New York State: Informed Parental Permission  
For a 16 Year-Old to Donate Whole Blood**

**\*\*FORMM USTB E COMPLETED IN INK\*\***

I hereby grant my son, daughter or ward \_\_\_\_\_ permission to donate whole blood  
(PRINT child's name)  
to ConnectLife Community Blood Service. I understand that I am required to sign a permission form for each blood donation my student wishes to give until his or her 17<sup>th</sup> birthday.

I have received and read a copy of the Blood Donor Educational Materials with important donation and FDA required testing information. I understand the information provided to me, and I have had an opportunity to ask questions about the information it contains. I also understand that any follow up communication pertaining to this donation, including any reports of positive blood test results, will take place with the donor.

ConnectLife Community Blood Service is required to inform the Department of Health of all donors with a confirmed positive HIV test. Any positive HIV donor will be asked by the Health Department to cooperate in contact notification activities including notifying any named contacts.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE PRINT THE FOLLOWING INFORMATION:**

Name of Parent/Guardian: \_\_\_\_\_

Home Address of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Emergency Contact Phone Number: \_\_\_\_\_

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School Name and Town: \_\_\_\_\_

**NOTE: This form, signed by the Parent/Guardian AND the Student's Photo ID for every donation MUST be brought to the blood drive.**

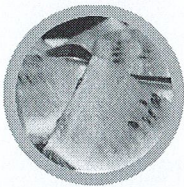




# Foods High In Iron

Eating the food below will help boost your iron & prepare your body for donating.

## Fruits



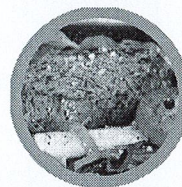
Watermelon  
Prunes  
Dried Apricots  
Dried Peaches  
Strawberries  
Prune Juice  
Raisins  
Dates  
Figs

## Grains



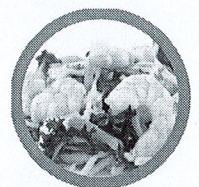
White Bread (enriched)  
Whole Wheat Bread  
Enriched Macaroni  
Wheat Products  
Bran Cereals (Total)  
Corn Meal  
Oat Meal  
Rye Bread  
Enriched Rice

## Meat



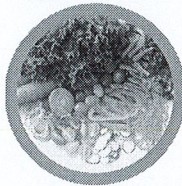
Liver  
Liverwurst  
Beef  
Lamb  
Ham  
Turkey  
Chicken  
Veal  
Pork

## Seafood



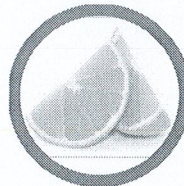
Shrimp  
Dried Cod  
Mackerel  
Sardines  
Oysters  
Haddock  
Clams  
Scallops  
Tuna

## Vegetables



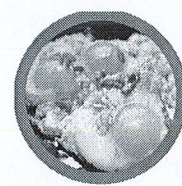
Spinach  
Beet Greens  
Dandelion Greens  
Sweet Potatoes  
Peas  
Broccoli  
String Beans  
Collards  
Kale  
Chard

## Vitamin C



Grapefruit  
Oranges  
Greens  
Cantaloupe  
Strawberries  
Tomatoes  
Watermelon  
Cabbage  
Fortified Juices

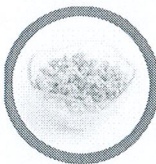
## Other Foods



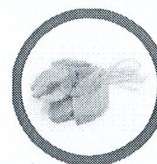
Eggs ( Any Style)  
Dried Peas  
Dried Beans  
Instant Breakfast  
Corn Syrup  
Maple Syrup  
Lentils  
Almonds  
Sunflower Seeds

## How much iron do I need?

The recommended daily allowance varies slightly by age and gender, but most adults need 18mg of iron daily from food or supplements. Below are a few examples of how much iron foods and supplements can provide.



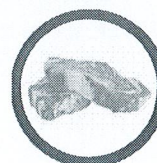
**Breakfast cereals**  
(iron fortified with 100% DV for iron)  
= 100% of daily value



**Spinach (boiled and drained)**  
= 17% daily value



**Dark Chocolate (3oz)**  
= 39% of daily value



**Lean beef**  
= 11% daily value



# Blood Donor Eligibility

Donation Requirements	Whole Blood	Double Red Cell	Platelets
Minimum Age	17 / 16*	17	17
Maximum Age	75**	75**	75**
Minimum Weight	120 lbs.	Male 130 lbs. Female 150 lbs.	110 lbs
Minimum Height	None	Male 5' 1" Female 5' 5"	None

\* 16 year olds may donate whole blood only with a ConnectLife signed parental consent.

\*\* If older than 75, donors can donate if qualified after a medical history and physical examination with an OK from our medical director.

## Common Eligibility Criteria

### Individual Donor Assessments

On May 11, 2023, the FDA released final guidance establishing a blood donor screening process based on individual donor assessments. Until now, men who had sex with men in the last three months were deferred from donating within three months of their last sexual encounter. That deferral had been one year until 2020 – and before 2015, no man who had ever had sex with a man was allowed to donate.

This change prioritizes the safety of the nation's blood supply while welcoming new individuals as potential blood donors. ConnectLife implemented these changes in our donor history questionnaire, and as of June 12, 2023, can now welcome potential new donors.

### Medical Conditions

#### Cancer

Cancer Permanent Deferral: Malignant melanoma, leukemia, lymphoma, Hodgkin's disease  
 Acceptable: Localized skin cancer (basal cell or squamous cell) or cervical carcinoma in-situ, Diagnosed Grade Zero – Eligible 1 year post-procedure  
 All other cancers must be in remission at least 5 years

**Have Questions?**

Call 716.529.4270 if you have more questions about blood donation eligibility.

 **ConnectLife**



## Medical Conditions Cont.

### Diabetes

Oral medication – Acceptable

Single daily use injectable with an oral medication - Acceptable

Insulin – Insulin dependent diabetics are eligible for whole blood donation only

### High Blood Pressure

Systolic 90-180 / Diastolic 50-100 range is Acceptable. Most BP medications are acceptable

### Pregnancy

Eligible to donate 6 weeks after delivery

### Cold or Flu

Not eligible until symptom free for 2 days

## Medical Procedures

### Surgery

Received a blood transfusion – Eligible 3 months after transfusion

No blood transfusion – Generally accepted after released from physician's care, feel well, and resumed full activity.

Bone or tissue graft – From self or synthetic: eligible when healed & released from physician's care. From another person: eligible 3 months after graft. From an animal: permanent deferral.

### Piercings (Ear or Body)

Sterile single use materials must have been used. If unknown, waiting period is 3 months from date of piercing.

Self-piercing – waiting period is 3 months from date of piercing.

### Tattoos

Waiting period is 3 months from the date of tattoo – including permanent make-up and microblading.

## Medications

**Note:** Most medications are not cause for deferral, though the underlying condition they are taken for may be. A complete evaluation can be made during donor screening or contact us for further information.

### Aspirin

Acceptable for whole blood donations. Platelet and Platelet/Plasma donors must wait 2 full days after last dose. (date of dose does not count)

## Medications Cont.

### Antibiotics (oral)

Must have completed and be free from illness. Generally OK if taken for acne and penicillin-free.

### Allergy shots

Can donate immediately.

## Travel

Travel within the US and Canada is acceptable. Some other travel destinations may require temporary waiting periods or may be cause for permanent deferral due to high risk for malaria. A complete evaluation can be made during donor screening or contact us for further information.

Travel to malaria risk area – Deferral period is 3 months after departure

Residence (lived > 5 years) in a malaria risk area – Deferral period is 3 years after departure.

## Vaccinations

Flu – Can donate immediately.

Gardasil (for HPV) – Can donate immediately.

Hepatitis B – There is a 21 day waiting period. If post-exposure, deferral is 3 months.

Measles/Mumps/Rubella – Waiting period is 4 weeks.

Pneumonia – Can donate immediately.

Shingrix (for Shingles) – Can donate immediately.

Zostavax (for Shingles) – Waiting period is 4 weeks.