

Inova Blood Donor Services is committed to the Inova Standards of Behavior that call us to strive for excellence in all we do. Our goal is to provide exceptional service, and consistently exceed your expectations. We sincerely hope you will become a faithful blood donor and establish a regular donation schedule; Platelet Donors every 14 days, Whole Blood Donors every 56 days and Double Red Cell Donors every 112 Days.

General Eligibility Requirements

*Minimum Age: 16 with consent of a parent or legal guardian.
Minimum Weight: 110 lbs.*

Basic Good Health

- Feel well and healthy on the day of donation.
- No history of hepatitis after age 11.

Medications

- You may donate while on most medications, including blood pressure and cholesterol medications.

Tattoos/Body Piercing

- One week waiting period when done in a professional setting with sterile single-use equipment.

Dental Procedures

- 24-hour wait after routine procedures (cleaning and fillings); 72-hour wait after a root canal or surgery.

Pregnancy

- Six-week wait after vaginal delivery; six-month wait after C-section.

Travel

- Most vacation travel destinations are generally acceptable.

For more information about your eligibility to donate blood, please call our donor advocate at 571-434-3628.

Donation Day Checklist

- Set aside time to donate.** For a whole blood donation, we try to keep the process (from registration to refreshments) under 60 minutes.
- Please bring a picture ID** such as a driver's license, employment ID or credit card with your picture on it. We cannot accept blood donations without a picture ID.
- Have a nutritious meal within four hours of donating.** You will feel more comfortable during and after your blood donation.
- Drink extra water and juice before donating** to replace the volume of blood you will donate, and to make the donation process easier.
- You can exercise before donating, but be sure to increase your fluids after your exercise routine.** We suggest you refrain from strenuous activity and exercise for 12 hours after donating.
- Eat iron-rich foods before donating,** especially if you have low iron. Increasing vitamin C intake will also help your iron level. (See list of iron-rich foods on the back of this card.)
- Wear a top with loose-fitting sleeves** to make it easier to draw blood.
- Relax for at least 10 minutes after donating** with a complimentary drink and snack provided by Inova Blood Donor Services.



give blood

Our mission is to provide a safe and adequate blood supply for patients in the diverse community we serve.

1-866-BLOODSAVES (866-256-6372) • www.inova.org/donateblood

The Importance of Iron

Absorption of iron occurs within four hours of eating. Since our bodies sometimes need help maintaining a sufficient iron reserve, it is very important to add iron-rich foods to your diet to keep your iron level adequate for donation.

Meat and Meat Substitutes

Lean red meats (beef, lamb, pork, veal)

Organ meats (liver, gizzards)

Poultry

Eggs

Seafood

Nuts

Beans

Fruits and Vegetables

Dark green, leafy vegetables

Beans (green, lima, peas)

Root vegetables (beets, white potato)

Cauliflower

Sprouts (beans, alfalfa)

Artichokes

Dried fruit (dates, prunes, raisins)

Breads and Cereals

Enriched, fortified and whole-grain breads

Cereal

Grains (oats, wheat, bran)

Wild rice

Macaroni

Helpful Hints

- Caffeine (coffee, tea and cola), high-fiber cellulose foods (celery), and some antacid medications may decrease iron absorption.
 - Dairy products will also decrease the absorption of iron.
- Increase iron absorption by including food and drinks high in vitamin C (fruit and fruit juice) along with the iron rich food.
 - The best rule is to eat regular, nutritionally balanced meals, and drink plenty of fluids.