

## Pledge Card

## Appointment Card

Search "NYBC" to download our mobile app.



April, 2017

# The most common reasons for *not being able to give blood.*

## For your safety and patient safety

Please do not give blood if:

### Temporary Reasons

Condition	Length of time before you can give blood
Not feeling well for any reason	when symptoms are over
Cold, sore throat, respiratory infection, flu	three days after symptoms are over
Travel to an area of the world where malaria is a problem	twelve months after return
Certain cases of heart disease	contact us for medical eligibility at 1-800-688-0900
Ear, nose or skin piercing	twelve months after procedure unless done under sterile conditions
Tattoos	if applied in NJ, no wait; if elsewhere, twelve months after application
Blood transfusion	twelve months after receiving blood
Pregnancy, abortion or miscarriage	six weeks after end of pregnancy
Surgery, serious injury	when healing is complete and feeling well
Syphilis, gonorrhea	twelve months after treatment completed
Have had certain forms of cancer	contact us regarding medical eligibility 1-800-688-0900
Have had sex with someone who has viral hepatitis	twelve months after last occurrence
You are a man or woman who has had sex with someone who: <ul style="list-style-type: none"> <li>Has used illegal drugs with a needle</li> <li>Ever had a positive test for HIV (AIDS virus)</li> <li>Had sex for money or drugs</li> <li>Is a man who had sex with another man in the past 12 months</li> </ul>	twelve months after last occurrence
You are a man who has had sex with another man	twelve months after last occurrence
<b>Medications</b>	
Antibiotics (except antibiotics for acne) if taken for infection	when treatment is complete
Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, Zenatane, Propecia and Proscar	one month after taking last dose
Avodart, Jalyn	six months after taking last dose
Soriatane	three years after taking last dose
Coumadin	seven days after taking last dose

### Permanent Reasons

1. Have used illegal drugs with a needle, even once
2. Are a hemophiliac
3. Have ever had a positive test for HIV (AIDS virus)
4. Are a person who has had sex for money or drugs
5. Had certain forms of cancer (contact us regarding medical eligibility at 1-800-688-0900)
6. Had babesiosis or Chagas disease
7. Have taken Tegison for psoriasis
8. Have Creutzfeldt-Jakob Disease (CJD) and/or a blood relative who had CJD

### Notes:

- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at 1-800-688-0900.
- People who have been in certain countries outside the United States *may* be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.

**An Urgent Request:** Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.

# Give Blood

**Donate blood now...**  
*people can't live without it.*

 **New York Blood Center**  
www.nybc.org

**Serving 20 million people in New York, New Jersey and beyond since 1964.**

## There is no substitute for human blood. One in three people will need blood sometime during their lives. Blood lasts only 42 days. Your donation now is critically important.

Close to 2,000 men, women and children in our community, including cancer, transplant and surgery patients, trauma victims, newborn babies and many others need blood transfusions each day.

Blood donors must be at least 16 years old, weigh at least 110 pounds, and not have donated blood within the last 56 days. Sixteen year olds must present a signed parental permission form. Visit [www.nybloodcenter.org/16](http://www.nybloodcenter.org/16) to obtain the form. People age 76 and older can donate blood if they meet all criteria and present a physician's letter just once after reaching age 76.

There are some medical conditions that can keep you from giving blood. You will find the most common ones listed on the reverse side. For more information regarding medical eligibility for blood donation call **1-800-688-0900**.

Yes. To take your blood donation, we must first see a form of identification with your signature or photo.

You will be asked to provide some basic information such as your name, address, email address, phone numbers and date of birth. You will then use our touch screen device to answer questions about your health history to ensure that you are eligible to donate blood. Your hematocrit will be determined from a drop of blood from your finger. Your blood pressure, pulse and temperature will also be checked.

**How long does the donation take?**

The procedure is done by a skilled, specially trained technician and takes 10 to 12 minutes. You will give one pint of whole blood. The materials used for your donation, including the needle, are new, sterile, disposable, and used only once by you for your blood donation. You will rest after the donation and be served refreshments. Plan to spend about an hour at the blood drive.

**Is there anything special I need to do before my donation?**

Eat your regular meals and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours prior to your donation.

**How will I feel after my donation and is there anything I should do?**

After relaxing and having a snack in the recovery area, most people feel fine. After donating, drink extra fluids for the next 48 hours.

Your body replaces blood volume or plasma within 24 hours. Red cells need about four to eight weeks for complete replacement. The average healthy body has between 8 and 12 pints of blood and can easily spare one.

When you donate blood you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.

**How soon after donating can I get back to my routine?**

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid lifting, pushing heavy objects or engaging in strenuous exercise for at least 4 or 5 hours after giving blood.

**What happens to my blood after donating?**

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood or nerve disease), Chagas, West Nile virus and syphilis. It is then separated into components, such as red cells, plasma and platelets, that can help several patients.

**How often can I give blood?**

You can give whole blood every 56 days.

**Have you met Alyx®?**

Alyx® is our latest technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected, and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected..

**Other Alyx® benefits include:**

- Smaller needle than used for whole blood
- Donate two units of red cells in a single visit

Ask if you are eligible to donate using Alyx®.

**Take Advantage of Us.**



Each time you donate blood you'll earn Donor Advantage points, redeemable for a wide variety of gifts and gift cards. You can even donate your Advantage points to help select charitable organizations.

[www.mydonoradvantage.com](http://www.mydonoradvantage.com)

**Donate blood now...**  
*people can't live without it.*

For general information or to schedule an appointment to donate blood call **1-800-933-BLOOD (2566)**, visit [www.nybc.org](http://www.nybc.org) or scan the **QR code**.



**For more information regarding medical eligibility for blood donation call 1-800-688-0900.**

## Blood Donation Pledge Card

First name Middle Last name

Street Address

City

State Zip

Daytime phone

Evening phone

E-mail

Department (if applicable)

**I prefer to donate blood on:**

First choice:

Date Time  AM  PM

Second Choice:

Date Time  AM  PM

## Blood Donation Appointment Card

First name Middle Last name

Your appointment date Time  AM  PM  
Sun  Mon  Tue  Wed  Thu  Fri  Sat

Location

**Reminders**

- Eat at your regular mealtime.
- All donors must present identification with signature or photo.

**What does it take to be a blood donor?**

**Do I need identification?**

**When I give blood, what will happen first?**