

Why Should I Give Blood?

Donating Blood Saves Lives!
Everybody has it. Everybody needs it.

THE NEED



Cancer

8 units of platelets a week



Automobile Accident

50 units of red blood cells



Burns

20 units of platelets



Heart Surgery

6 units of red blood cells
6 units of platelets



Organ Transplant

6 units of red blood cells
30 units of platelets



Thalassemia (Blood Disorder)

1-3 units of red blood cells every 3 weeks for their entire life

THE FACTS

- **Blood Bank of Hawaii** is the sole supplier of blood to all 18 local hospitals
- There is no substitute for blood
- It cannot be produced in a lab or grown on a farm
- It has one source... **VOLUNTEER DONORS**
- 60% of Hawaii's people will need blood in their lifetime
- Only 2% of Hawaii's population donate
- About 200 donors are needed in Hawaii everyday



HERE'S HOW

one hour
six easy steps



Paperwork



Mini-Physical



Confidential Interview



Blood Collection



Rest & Relax



Eat & Replenish



Blood Bank of Hawaii

To make an Appointment
808-848-4770 | BBH.org
follow @bloodbankhawaii

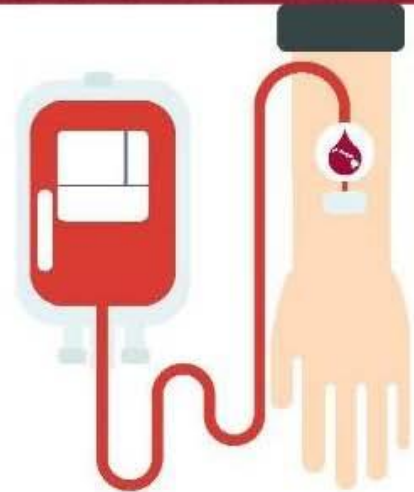


Blood Bank of Hawaii

ABOUT BLOOD DONATION

BASIC DONOR REQUIREMENTS

- Be in good health
- Be 16 years or older *(16–17 years old with BBH parental consent form)
- Weigh at least 110 pounds
- Have a photo ID with birth date



**Additional height/weight requirements apply for female donors 16–18 years old.*

Females who are:	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"
Must weigh at least (lb):	146	142	138	133	129	124	120	115

➡ More questions about eligibility? Visit BBH.org.



DONATION PROCESS

From registration to refreshments, the entire process takes just 60 minutes and includes the following four steps.

1 PAPERWORK



2 MINI-PHYSICAL



3 COLLECTION



4 REFRESHMENTS



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BloodBankHawaii





Blood Bank of Hawaii

BEFORE AND AFTER YOUR **BLOOD DONATION**

DONATION PREPARATION

- Hydrate! Drink 8–10 glasses of water.
Avoid alcohol and caffeinated beverages.
- Get adequate rest the night before.
- Eat heartily, have a good breakfast the morning of your donation and don't skip meals that day.



POST-DONATION CARE



4–6 HOURS AFTER DONATING

Remove coflex bandage. If there is bleeding from the donation area — raise arm, apply pressure for 5–10 minutes, then reapply bandage.

24 HOURS AFTER DONATING

Drink more fluids than normal and don't skip meals. Refrain from consuming alcohol. Refrain from heavy lifting and strenuous exercise.



➔ Questions about your donation? **808-845-9966**



Blood Donation: Basic Eligibility Guidelines*

Age: 16 years or older. There is no upper age limit for blood donation as long as you are well with no restrictions or limitations to your activities.																																																														
Autoimmune Disorders: Acceptable if NO symptoms.																																																														
Blood Transfusion and Surgery: Deferred for 3 months if transfused. Minor surgery generally acceptable in 3 to 6 weeks. Major surgery accepted after 3 months.																																																														
Cancer (except for leukemia and lymphoma): Acceptable if donor has completed treatment with no recurrence. Cancer-free for 1 year or more, including melanoma. Please call Blood Bank of Hawaii for specific blood/lymph node cancer.																																																														
Cold and Flu: Please wait to donate if you have a fever or a productive cough (bringing up phlegm). Please wait to donate if you are not feeling well on the day of donation. Please wait to donate until you have completed (at least 24 hours) antibiotic treatment for an infection.																																																														
Diabetes: Acceptable as long as it is well controlled, whether medication is taken or not.																																																														
Heart Conditions or Stroke: Acceptable if seen by a physician and it has been at least 3 months with no symptoms or activity restrictions. Donor must not have taken Nitroglycerin within the past 3 months.																																																														
High Blood Pressure: Acceptable as long as your blood pressure is below 180 systolic (first number) and below 100 diastolic (second number) at the time of donation. Medications for blood pressure do not disqualify you from donating.																																																														
Infection: Not eligible to donate if you have any type of infection.																																																														
Intravenous Drug Use: A person who has used needles, in the past 3 months, to inject drugs, steroids, or anything not prescribed by their doctor is deferred for 3 months.																																																														
Lifestyle: ALL genders are accepted as long as no anal sex with new or multiple partners within the past 3 months.																																																														
Lung Conditions: Acceptable if no symptoms and feeling well on the day of donation.																																																														
Medications: Only a few medications result in a deferral. Please visit https://www.bbh.org/become-donor/ for the complete list of these medications.																																																														
Piercings: Acceptable if piercings were professionally done using a sterile procedure or gun method with new jewelry and no signs of infection. Doesn't have to be done in a state regulated shop.																																																														
Pregnancy, Nursing: Those who are pregnant are not eligible to donate. Wait 6 weeks after giving birth or 6 weeks from the last pregnancy date.																																																														
Seizures/Epilepsy: Must have no recent convulsions. Donor will be deferred for 1 month from last seizure.																																																														
Surgery: Donor will be deferred until healing is complete, full activity has been resumed and the underlying illness does not disqualify the donor.																																																														
Tattoos: Acceptable if tattoos were professionally done in a state-regulated shop using a single-use needle and no signs of infection. Hawaii is a regulated state.																																																														
Travel: If you have traveled outside of the United States and Canada, your travel destinations will be reviewed at the time of donation and may lead to deferral.																																																														
Weight: Most donors must weigh at least 110 pounds to be eligible for blood donation. For 16 – 18-year-old donors (all genders), you must meet the total blood volume requirement. Chart is located in the educational materials.																																																														
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* Eligibility is determined at the time of donation. The above are general guidelines for informational purposes only and are subject to change. Up-to-date information is available at bbh.org or call Blood Bank of Hawaii at (808) 848-4770.

UPDATED 01.09.24

IRON UP!

Understanding Hemoglobin

THE RED COLOR

A hemoglobin test is done to ensure you are eligible to safely donate blood. To prepare for your donation, build up your hemoglobin level with an iron-rich diet.

Here are foods that help build iron*:

Vegetables

- Bean Sprouts
- Broccoli
- Brussel Sprouts
- Cabbage
- Green Beans
- Lima Beans
- Peas
- Potatoes
- Tofu
- Kale
- Beets
- Dark Leafy Greens

Seafood

- Crab
- Oysters
- Raw Clams
- Sardines
- Shrimp

Other

- Tomato Juice
- Dried Fruit
- Nuts

Meats

- Chicken
- Lamb
- Lean Beef
- Veal
- Liver (except fish)
- Pork
- Turkey

Whole Grain

- Brown Rice
- Soy Bean Flour
- Enriched Pasta
- Wheat Germ
- Enriched Cereals
- Bran

Fruits

- Apricots
- Oranges
- Plums
- Watermelon
- Grapes
- All berries
- Prunes
- Grapefruits



***Help absorb iron by eating Vitamin C rich foods.
Oranges, Red Peppers and Kale are all high in Vitamin C.**



**Blood Bank
of Hawaii**

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@bloodbankhawaii