

The Mobile
**BLOOD
DRIVE**

A STEP-BY-STEP MANUAL





THANK YOU!

Thank you for accepting the role of Rock River Valley Blood Center (RRVBC) blood drive chairperson! By doing so, you are directly impacting lives in your local community. You are helping save lives. Chairing a blood drive is a valuable community service. Your RRVBC representative will work with you every step of the way to ensure you have a rewarding experience and a successful, productive blood drive.

The contents of this manual are here to help save you time and effort. Keep in mind that not all of this information may be pertinent to your drive/group. Throughout the planning process, if you have any suggestions on how we can improve this manual, or experience problems not covered in this manual please do not hesitate to contact your RRVBC representative.

We would like to sincerely thank you for your time and efforts in this lifesaving project on behalf of the RRVBC staff and the patients in our area hospitals and beyond.

YOUR BLOOD DRIVE HELP GUIDE

Whether this is your first or 100th blood drive, it is always nice to have a place to refer to for questions and ideas, which is why we have compiled this Help Guide for your Blood Drive. We have broken down the process into 5 main categories.

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GETTING STARTED

CHAIRPERSON CHECKLIST / TIMELINE

Timeline

Action to be taken

3-12 months

- Schedule drive

6-8 weeks

- Form team & meet with blood center representative to plan drive
- Secure room or parking spot for drive
- Determine goals & incentives for the drive.
- Obtain support from Leadership, e.g., CEO, Pastor, Store Manager, Principal, etc.
- Be sure you have time to devote to the blood drive to ensure its success. If not, now is the time to secure someone to take your place.

4-6 weeks

- Put up posters and table tents if applicable.
- Begin recruiting donors
- Send out press release
- Put out brochures in breakroom or other common areas

3 weeks

- Do progress check with committee members

2 weeks

- Continue recruiting donors. Do e-mail blasts

1 week

- Mail reminder cards if applicable or distribute internally. Contact your RRVBC representative to report your number of sign-ups at that point in time

3 days

- Final check with your committee members

1-2 days

- Make reminder calls. Remind donors to eat & drink plenty of fluids before donating and if a first time donor, bring a photo I.D.
- Contact your RRVBC representative to verify the room will be ready and temperature is set at no higher than 68 degrees if a set-up drive. If a bus drive, verify parking area will be blocked off.
- Contact volunteers to remind them of their designated time to volunteer and what job they will be doing at the drive

Day of drive

- Meet or have designated person meet RRVBC staff to make sure they know where to go and where the restrooms are.
- Give master schedule to either the RRVBC registrar or RRVBC Mobile Supervisor.
- If chairperson is planning to donate, arrange to do so preferably not the first appointment of the day, but during a slower period of time later in the drive. Allow at least 60 minutes to donate.

Within a week after the drive

- Your blood drive representative will contact you to report the results of the drive and to set up an evaluation meeting.
- Schedule your next blood drive if possible.
- Thank your donors, volunteers & team members.

After meeting with your RRVBC representative, you will have established the type of drive, goals, and the day and time of your drive.

INSIDE SET-UP BLOOD DRIVES

Select a suitable room that:



- Has good lighting & ventilation.
- Has heat in the winter or air conditioning in the summer. The temperature of the room should be kept at 68 degrees no matter the time of the year.
- Has several electrical outlets.
- Is large enough to accommodate the mobile equipment. The room size is dependent upon the estimated number of donors expected at the drive. A rough estimate of the minimum size of the room would be about 25' x 30'.
- Is preferably on the ground floor. If not, access to an elevator is preferred.
- Is reasonably close to a parking area for donors and RRVBC's van.
- Is close to water and rest rooms.
- Tables and chairs will be required for registration, canteen, and RRVBC staff's work area. The number of each will be determined by your RRVBC Representative.
- Room must be available 45 minutes before the drive start time and 60 minutes after the drive end time.
- Room should be clean and clear of furniture, except for the tables and chairs needed for the drive.
- The blood drive chairperson or designated volunteer should be at the facility to greet the RRVBC staff.

VOLUNTEER HELP FOR INSIDE SET-UP DRIVES

Volunteer help for Inside Set-up Drives

- Unloading the van before start of drive (2-4 volunteers needed)
 - Available 45 minutes before the start of the drive.
 - Able to lift equipment weighing up to 30 pounds & carry equipment up stairs if necessary.
- Loading van at end of drive (2-4 volunteers needed)
 - Available about 30 minutes after the last donor is scheduled. A definite time is hard to predict due to all the variables such as late donors or a donor who needs extra rest.
 - Able to lift equipment weighing up to 30 pounds & carry equipment up stairs if necessary.
- Canteen Escort (1-2 canteen escorts needed throughout drive – may work in shifts)
 - RRVBC Donor Care Staff will motion for assistance when a donor is ready to be released after donating. The Canteen Escort will walk the donor to the canteen area and seat the donor at the refreshment table.
 - Serve donor their refreshments.
 - Most donors don't experience any problems after donating. However, observe the donor for signs of fainting, paleness, warm feeling, perspiration, ringing ears, nausea, complaints of lightheadedness, dizziness, "funny feeling", or yawning. These all could be signs of fainting. Try to keep the donor from falling. If the donor is sitting, help the donor put his head between his knees. Calmly call for assistance. A RRVBC Donor Care staff member will help you.
 - Occasionally a bandage will slip and the donor's arm will continue to bleed. Have the donor apply pressure and elevate the arm. Again, call for assistance from a RRVBC staff member
 - There is not an exact amount of time a donor should stay. Usually by the time he has finished his refreshments he may leave. If you have any doubts, encourage the donor to stay longer.



MOBILE DONOR COACH

Select a suitable site for the mobile coach:

- Large enough to accommodate the size of the mobile coach which is 10 feet by 50 feet or about 6-8 parking spaces.
- Is reasonably close to the donor parking area.
- Is close to water and rest rooms.
- Parking area is level and easily maneuverable to park the bus.
- Parking site must have at least a 12' 6" clearance; no hanging branches or electrical lines.
- Is available from 30 minutes before the start of the drive and up to 60 minutes after the scheduled hours of the blood drive.
- In certain situations, room inside the facility will be necessary to accommodate our registrar and/or mini physical tables as well as a waiting area for the donors should they have to wait their turn to come on the coach.
- Tables and chairs may also be required. Your blood drive representative will help determine the number needed.
- It is helpful if the area the coach will be parking is somehow blocked or coned off before the coach arrives. This helps ensure that the drive starts on time and alleviates the inconvenience of having to ask people to move their cars so the bus can park.



Volunteer Help for Mobile Coach Drives

Generally there is very little need for volunteer help at mobile coach drives. Some groups may want to have a greeter at the drive to direct donors where to go and to thank them for coming to the drive. Occasionally if the registration or waiting area is set up inside the building, it may be helpful to have volunteers help escort the donors to and from the bus. Your RRVBC representative can help you determine the need for volunteers on coach drives

Mobile Coach Donor Weight Limit

In order to ensure the safety of the donor and stability of the drawing chairs, donors weighing 350 pounds or more will not be able to donate on the mobile coach.



PUBLICITY

As the chairperson of the blood drive, you have stepped up to orchestrate and oversee all the components of this event. As well as taking charge of the drive yourself, if possible, we recommend getting some additional volunteers to help you along the way.

WAYS TO PUBLICIZE YOUR DRIVE

- Start your efforts at least 4 weeks prior to the day of the drive
- Create awareness and circulate information about the blood drive
- Put up posters
- Use Social Media—See Appendix for RRVBC Social Media Information
- Place article in any pertinent newsletters or bulletins
- Send out press release
- Advertise in local newspapers when applicable and feasible
- Put out table tent advertisers where applicable
- Send out e-mails
- Bulletin inserts
- Place brochures in general access areas



RRVBC MAY BE ABLE TO PROVIDE THE FOLLOWING PROMOTIONAL MATERIALS:

- Recruitment Video—You can access many useful video PSA's and clips on our You Tube page at the following link:

<http://www.youtube.com/user/BulaBlood>

Our 4+ minute video recruitment is available here:

http://www.youtube.com/watch?v=mldbL_XNfvo

- Brochures
- Table tents
- Reminder cards
- Posters (both 8.5' x 11' and 11' x 17'); Spanish language posters available upon request
- Bulletin Inserts
- Bag stuffers
- Presentations by your RRVBC representative
- Stickers
- Lifesavers
- Outdoor Signs



RECRUITING DONORS AND SETTING SCHEDULES

DONOR SUITABILITY

- Before beginning recruiting efforts read over our Basic Eligibility Questions found in the Appendix.
- Keep in mind the Basic Eligibility list is a list of commonly asked questions about eligibility. If you are uncomfortable answering any question about eligibility, don't hesitate to contact your RRVBC representative.
- At the time of registration, donors will read informational materials and complete a blood donation record in order to determine their eligibility.
- Every donor will undergo a mini physical which checks pulse, blood pressure, temperature, and hemoglobin level to make sure it is safe for the donor to give blood that day.
- Know the basic requirements for donating blood and understand the process.

DONOR RECRUITMENT PLAN

Inform

- Currently, RRVBC needs to collect approximately 1000 units of blood each week to maintain an adequate supply of blood at all times. RRVBC is the only supplier of blood and blood products to eight area hospitals: Beloit Health System, Edgerton Hospital and Health Services, FHN, OSF Saint Anthony Medical Center, Rochelle Community Hospital, Rockford Health System, SwedishAmerican Health System and SwedishAmerican Medical Center—Belvidere.
- Utilize printed materials, e.g., brochures, donation Q & A sheet, basic eligibility list.
- Explain the reason for the Need for Blood (see Examples of how blood is needed in the Appendix).

Invite

- Solicit people to schedule an appointment to donate.
- Personal, face-to-face invitations to donate are the most effective.
- Deal with fear. Put fears in perspective.... "One hour of your time, a slight pinch in your arm, and you can save as many as three lives". (See Suggestions for overcoming objections in the Appendix.)
- Be enthusiastic! A prospective donor's enthusiasm is directly related to your own.
- Small or Large group conversations
- Telephone conversation (call from list provided by RRVBC representative, church membership list or any other membership list or directories)
- Know how to handle objections (i.e., reassure potential donors that donating is safe and simple, respect someone's legitimate fears and/or reason for not donating).

Commit

- Ask the prospective donor to schedule an appointment time. A person who has a scheduled appointment is more likely to actually come to donate.
- Ask for a time preference and confirm appointments.
- Review basic eligibility guidelines with the prospective donor.

Remind

- Reminder cards will be provided to you by your representative. Distribute reminder cards when sign-ups are done or a day or so before the drive as applicable.
- Call or e-mail donors to remind them of their scheduled appointment 1-2 days before the drive.
- People are more likely to actually show up to donate if they are reminded shortly before the drive. Statistics have shown that 10-20% of scheduled donors don't show up the day of the drive when reminder calls are not made.
- Remind donor to have something to eat within 3 to 4 hours before donating and to drink plenty of fluids.
- Remind first-time donors to bring a photo I.D. when they come to donate.
- Remind 16 year old donors to bring the signed, written parental/guardian consent form when they come to donate.

Thank

- Thank the donors for their commitment to donating. A donor is more likely to keep their appointment, as well as to donate again in the future, when they feel sincere appreciation.



HELPFUL HINTS FOR RECRUITING DONORS:

- Try to start recruiting at least 4-6 weeks before the day of the drive. Encourage people who have received blood to give testimonials about their experience in receiving blood.
- A personal phone call is often the best way to secure and confirm donors. If you have membership or employee lists, these are a great place to start. Volunteers are great for helping with the phone calls.
- Send out e-mail blasts. Include interesting facts about blood and donating blood. Your RRVBC representative can provide you with some facts to use.

- Ask top level individual(s) to send out an e-mail, memo or to write an article for the newsletter encouraging people to donate.
- Recruit donors from neighboring businesses, churches or other groups. Ask to hang posters in their facilities.
- Have a friendly competition between departments, church groups, etc. to see who can sign up the most donors. Offer a small prize such as a pizza party for the group that signs up the most donors.
- Encourage local businesses to donate small tokens of appreciation to the donors such as a raffle item, coupons, etc.
- Have a sign-up table in a high traffic area

Donor Scheduling

Scheduling donors is designed to help RRVBC give donors better service. While walk-ins are always welcome, history has shown that the waiting times are reduced when donors sign-up ahead of time. The entire donation process should take no more than one hour. History has also shown donors with an appointment are more committed donors. Scheduling appointments also helps to know approximately how many donors will be expected at a drive so that staff and materials are adequate.

Blood Drive Appointment Sheet

- Your blood drive representative will provide you with a Blood Drive Appointment Sheet.
- Generally appointments slots are in 10 or 15 minutes increments. Double Red Cell appointments are generally in 30 minute increments.
- Most schedules will have more than one appointment available in each time slot.
- It is best to spread out the appointments throughout the drive, scheduling appointments heavy at the beginning of the drive can cause back-ups later in the drive.

Telerecruitment

- If this is not your first blood drive, you will be provided with a call list of donors who attended a previous blood drive with your group. You may want to enlist the help of others to call from this list.
- If this is your first drive, you may want to use an employee or membership list to call from if one is available to you.
- It is recommended that you or someone from your group make phone calls.

Reporting Numbers

- Contact your representative as soon as possible if you have any scheduling changes. This is especially important if your sign ups have gone beyond the allotted appointment slots.
- Your representative will need a tentative count of sign-ups one week before the drive.
- Your representative will need your final count no later than 3 days before the drive.



DAY OF DRIVE

WHAT HAPPENS – *Chairperson’s perspective*

- Meet our staff upon arrival which will be 45 minutes before the drive starts on set-up drives and 30 minutes before the start of the drive on bus drives. Facility and restrooms should be accessible up to 45 minutes after the drive ends.
- If the chairperson is unable to meet our staff, assign a designee to meet them.
- Ensure that the room is cleared out and ready to go by the time our staff arrives or that the area we are parking the bus has been blocked off so the bus can pull right in. This helps greatly in making sure the drive starts on time.
- In the case of a set-up drive, ensure volunteers who are designated to help unload are there to meet our staff.
- Any help your group can provide our staff in setting up tables and chairs would be much appreciated.
- Give the Appointment Schedule to our registrar or Mobile Supervisor.
- If you will not be present at the drive, please notify your RRVBC representative in advance.
- Review with our staff where the restrooms are and any other housekeeping information they need to be aware of.

WHAT HAPPENS – *Donor’s perspective*

Registration

- Donors will begin the process at the registration table.
- Donors will be asked information such as name, address, date of birth, phone number and e-mail address.
- New donors will be asked to present a photo I.D.
- 16 year old donors will also be asked for a [permission slip](#) signed by a parent or guardian.
- Donors will be asked to read an informational brochure before they donate

Screening and Mini Physical

- The RRVBC interviewer will ask you to state your name and date of birth.
- RRVBC staff will perform a mini-physical during which your pulse, blood pressure, temperature and hemoglobin level will be checked. This is to help determine your eligibility to donate.
- If you pass through the mini-physical portion, you will then be asked to complete a medical history questionnaire. This will be completed electronically.
- A confidential interview will then be conducted in which your questionnaire will be reviewed by RRVBC staff to further determine your eligibility to donate blood.
- You will then proceed to the drawing area where your blood will be drawn.



Donation

- You will be seated in a relaxing, comfortable donor chair.
- You will once again be asked to state your name and date of birth.
- Your arm will be cleansed with antiseptic for 30 seconds.
- A new, sterile needle will be used to collect your blood.
- It takes about 5 to 8 minutes to collect your blood.
- If donating double red cells, it takes about 30 minutes to draw your blood.

After you donate

- After your donation you will be asked to relax and enjoy some refreshments in our canteen area.
- Your body will replenish the fluids lost during your donation in approximately 12 to 24 hours.
- Your body will replace your red cells lost during donation within 2-4 weeks.
- Your blood will be taken back to RRVBC where it will be tested, processed, and stored until needed.
- The entire process from registration to resting in the canteen takes about one hour.



POST DRIVE

DRIVE RESULTS

- The next business day following your drive your RRVBC representative will contact you with the results of your drive.
- Your representative will indicate the final number of donors who came to your drive as well as the number of units collected and the number of new donors.
- Relay these results to your donors and team members and thank them for making the drive a success.

RECOGNIZE AND THANK DONORS

- Express your thanks for their blood donation.
- If your organization has an internal newsletter, contact its editor to publicize results of the drive with a message of thanks to the donors and volunteers.
- If you took photos at the drive, post some of them on your website or on a bulletin board in a visible location. If using social media, remember to ask donors to tag themselves and to tag RRVBC.

EVALUATION MEETING WITH OUR RRVBC REPRESENTATIVE

- Your RRVBC representative will contact you to set up an evaluation meeting with you.
- RRVBC would like to hear your feedback on all aspects of your blood drive in order to improve your future blood drives.
- If you are unable to meet with your RRVBC representative after the drive, you may provide your feedback about the drive via e-mail or phone.
- Shortly after the drive your RRVBC representative will also ask you to schedule a future blood drive. This is important because knowing that future drives are scheduled helps your donors plan to give blood regularly.



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FREQUENTLY ASKED QUESTIONS ABOUT BLOOD DONATION

How long does it take to give blood?

The donation process includes registration, a brief medical screening, blood collection, and time for refreshments in the canteen. The entire process usually takes about one hour and the blood collection segment is usually under 10 minutes. For Double Red Blood Cell (DRBC) collections the entire process is about 15 to 20 minutes longer than a whole blood donation.

How much blood is taken?

Whole blood donations are approximately one pint.

How often can I give?

Whole blood donors may give once every 56 days (or 8 weeks) in order to allow plenty of time to replenish their red cells. Double Red Cell Donors are eligible to donate every 112 days (or 16 weeks).

Where does my blood donation go?

To one of eight area hospitals. RRVBC also participates in the National Blood Exchange, through which we make any excess blood components available to other communities across the state and nation. However, this is done only after we make sure that all local needs have been met.

How much blood do I have in my body?

An average adult has between 8 and 12 pints, depending on body size.

Is there a minimum or maximum age limit on donating blood?

The minimum age at RRVBC is 17, (16 with parental consent). There is no upper age limit.

Is giving blood safe?

Yes. Donating blood is safe. You cannot get any infectious disease from donating blood.

Is receiving blood safe?

Yes. The blood supply is the safest it's ever been, especially since the implementation of Nucleic Acid Testing (NAT). NAT is an extremely sensitive, gene-based test to screen the blood supply for HIV and Hepatitis C. Fifteen tests are performed on every unit of donated blood, including NAT tests for infectious diseases, and screening for hepatitis, HIV, Chagas, and West Nile Virus.

In addition, RRVBCs follow five safety procedures: blood donor eligibility standards, individual screening, laboratory testing, confidential exclusion of donations, and donor record checks.

SIXTEEN YEAR OLD CONSENT FORM

All 16 year old donors must present a parental consent form at time of registration. Donors will need to go to our website, www.rrvbc.org to printout the form. Once on the site, do the following:

- At the home page click on blue Donate button at the upper left side of the page
- Click on “blood donor eligibility”
- In the section titled “We hope you consider donating if”: there will be a link to the consent form
- Click on the link to print out the form
- Or access the form directly with the following link:

<https://www.rrvbc.org/wp-content/uploads/2010/01/parental-consent1.pdf>

NEWS RELEASE

For Immediate Release

Date _____

For Further Information

Insert Your Name and Contact Information Here

Subject: BLOOD DRIVE

The (Name and Address) is hosting a (Community) Blood Drive on (Date). Staff from the Rock River Valley Blood Center (RRVBC) will draw blood between (Hour) and (Hour).

If you are at least 17 years old (16 years old with parental consent), weigh at least 110 pounds and are in general good health, you should be eligible to donate blood. One in three people will need blood and you never know when you or someone you love might be the one.

The Rock River Valley Blood Center is the only supplier of blood and related services to Beloit Health System, Edgerton Hospital and Health Services, FHN, OSF Saint Anthony Medical Center, Rochelle Community Hospital, Rockford Health System, SwedishAmerican Health System and SwedishAmerican Medical Center—Belvidere. RRVBC needs to collect approximately 1000 units each week to meet area patient needs.

By hosting a Blood Drive, (Name) is helping to save lives in our community. Join us in sharing the Gift of Life. For more information or to schedule an appointment contact (Name) at (Phone).

You can contact Rock River Valley Blood Center (RRVBC) at 815/965-8751, toll free at 877-RRVBC-99 or on the web at www.rrvbc.org.

#

SOCIAL MEDIA INFORMATION

RRVBC has an active social media presence and we promote most of our blood drives each day on Facebook. You can link to our Social Media sites from our home page at www.rrvbc.org

Click on this link to find our Profile under Rockrivervalley Bloodcenter and send us a friend request.

<https://www.facebook.com/rrvbc>

Click on this link to Like our Fan Page or by searching Rock River Valley Blood Center.

<https://www.facebook.com/rockrivervalleybloodcenter?ref=hl>

Share your Facebook page with us so that we can “Like” your Fan page or become your Friend on Facebook

Follow us on Twitter at <https://twitter.com/RRVBC>. Our Twitter handle is [@RRVBC](https://twitter.com/RRVBC)



SUGGESTIONS FOR OVERCOMING OBJECTIONS TO DONATING

Objection: *"I hate needles!"*

Response: That's a pretty normal response, but most donors say the actual donation process was much easier than they anticipated. Most describe the needle "stick" as only a pinch on the inside of your arm.

Objection: *"It's nice to help people, but I don't have the time."*

Response: The entire donation process takes only about 1 hour. The actual donation process only takes about 5 to 8 minutes. Think of it like this: in less time than it would take to watch a TV show, you could save three people lives!

Objection: *"There are plenty of people giving blood - mine isn't going to make a difference."*

Response: We do need your blood! Blood components can be stored for only a limited time (42 days for red blood cells, 5 days for platelets).

Objection: *"I don't want to get some kind of disease from giving blood!"*

Response: It is impossible to contract any disease from donating blood. The needle and all other equipment are prepackaged, sterile, used only once then properly discarded. Giving blood is safe.

Objection: *"I have blood pressure problems, (or allergies, high cholesterol, take medication, etc.)"*

Response: There are actually very few reasons that would defer a person from donating blood. Donation requirements are always changing...so even though you may not have been able to donate in the past, you may now be able to donate. Please check with the staff at the blood drive or call RRVBC at 1-877-RRVBC-99 with specific questions about donating.

Objection: *"I don't have enough blood to give or I will get weak from donating."*

Response: Your adult body contains 8-12 pints of blood and manufactures new blood cells all the time. Each donation amounts to approximately one pint, an amount your body can easily regenerate in 2-4 weeks.

EVERY DAY IS A GOOD DAY TO DONATE BLOOD!

Here are typical examples of how blood is needed

Blood Use	Average Units
Prostate Cancer	<i>4-6 Red Blood Cells</i>
Fractured Hip/Joint	<i>2-5 Red Blood Cells</i>
Heart Transplant	<i>4 Red Blood Cells</i>
Open Heart Surgery	<i>2-8 Red Blood Cells, 6 Platelets</i>
Aneurysm	<i>6 Red Blood Cells, 4 Plasma</i>
Auto Accident/Gunshot Wound	<i>4-40 Red Blood Cells</i>
Liver Transplant	<i>20 Red Blood Cells, 10 Platelets, 20 Plasma</i>
Miscarriage	<i>2-4 Red Blood Cells</i>
Bone Marrow Transplant	<i>Up to 1-2 Red Blood Cells/Week, 6-8 Platelets daily for 4-6 weeks!</i>
Hysterectomy with complications	<i>2-4 Red Blood Cells</i>
Cancer	<i>Up to 8 Red Blood Cells/Week</i>
Lung Transplant	<i>7-10 Red Blood Cells</i>

Cell Life	
Red Blood Cells	42 days
Platelets	5 days
Plasma	Frozen up to 1 year

BASIC DONOR ELIGIBILITY GUIDE

You are probably able to donate if:

- You are in **good health**.
- You are at least 17 years old (16 years old with parental consent). There is no upper age limit.
- You weigh at least 110 pounds.
- You have not donated whole blood in 8 weeks or double red cells in 16 weeks.
- Your **blood pressure**, pulse, temperature, and hemoglobin fall within the acceptable ranges for donors.
- You are not now **pregnant**. Must wait 6 weeks following conclusion of pregnancy
- You have not been exposed to **hepatitis** in the last 12 months
- You have not had hepatitis or jaundice after the age of 11.
- Persons taking **medications**, including aspirin, vitamins, birth control pills, hormones, thyroid medication, cholesterol lowering medication, blood pressure medication, are **not** necessarily disqualified from donating.
- You may donate after having **surgery** if you are back to your normal routine, released from your doctor, and did not receive any blood products.
- If you have **traveled outside the U.S. or Canada** it is best to check with RRVBC at (815)965-8751 or toll-free at 1-877-RRVBC-99 for information on specific travel destinations. We are concerned primarily with travel to areas at risk for malaria.
- You may donate if you **have a cold**; however, you must be feeling well and healthy the day of the donation.
- **Diabetics** may donate as long as your diabetes is controlled by diet, medication or insulin. If you have used Bovine “beef” insulin anytime since 1980 you would be deferred.
- If you have or had **cancer**, RRVBC will evaluate your condition and medications on an individual basis. You may be able to donate blood if you are currently in good health and your cancer treatment has been completed for 12 months without any recurrence of the disease. However, if you have had leukemia or lymphatic cancer (i.e., Hodgkins Disease/Lymphoma), you would not be able to donate.
- If you have had a **heart attack**, you will be evaluated individually and it will be determined if you are eligible to be a blood donor at this time.
- You may donate blood if you’ve recently had a **body piercing** as long as it was done with disposable and sterile supplies. If not, you must wait 12 months before donating.
- If you received a tattoo you may donate as long as it was obtained in a state regulated entity with sterile, single use needles, tubing and ink.
- We recommend you **eat a meal within 3-4 hours** before donating and drink plenty of fluids.

DOUBLE RED BLOOD CELL DONATIONS

What is Double Red Blood Cell (DRBC) Donation?

A DRBC donation is an automated donation process which allows only a specific blood component to be drawn. In this case just the red blood cells. The rest of the components are immediately returned to the donor.

What's the difference between a DRBC and a regular whole blood donation?

Just as the name implies, during a DRBC collection double the amount of red blood cells can be collected with one donation. The collection is done through an automated procedure which extracts the red blood cells and filters plasma and saline back into the donor.

Why donate DRBC's?

With one donation you will donate double the amount of red blood cells as you would with one donation of regular whole blood. Therefore, you won't have to donate as often. Since double the amount of red blood cells will be taken, you will need to wait 112 days between donations instead of the usual 56 with regular whole blood.

You may help more patients!

Your donation will result in two red cell transfusions to patients. This is less blood volume than when you give whole blood but a more concentrated and consistent product for patients. Depending on hospital practices, you may be the only support for a patient needing a red cell transfusion.

You may feel better!

You may feel more comfortable than with a whole blood donation since a smaller needle is used. You will also receive fluids back. Your plasma is returned to you along with saline. This return of fluids may help you feel better after donating.

What are the requirements to be a DRBC donor?

All the same requirements as a whole blood donor with the following additional stipulations:

- *Female: 5' 5" and weigh at least 150 lbs.*
- *Male: 5' 1" and weight at least 130 lbs.*
- *Hemoglobin of at least 13.3*
- *Eligible: Every 112 days (3 times per year maximum)*

MARROW DONOR REGISTRY

It takes just one special person to match and save a life! Let it be you.



RRVBC serves as donor and apheresis center for the Be The Match® Registry. Each year more than 10,000 patients are told that they need a marrow cell transplant to survive leukemia, lymphoma or one of 70 other diseases a transplant can cure. The sad reality is that only half of those patients will receive a transplant.

Because only 30 percent of people find a matching donor in their family, Be The Match has become an essential part of our health care system by matching unrelated donors and patients on the basis of tissue type, an inherited characteristic much like hair or eye color.

In the past, people needing a marrow or blood cell transplant faced near or certain death if a sibling donor was not available. Today, thousands of people are alive thanks to an unrelated donor.

Currently there are over 10 million volunteers who have joined the Be The Match Registry. Because of the great diversity of tissue types this is far short of the need. Without a matching donor, lives will be lost.

Did you know?

- A person may join the Be The Match Registry at any mobile blood drive in addition to, or regardless of whether or not they donate blood.
- “Be The Match” has facilitated transplants for more than 50,000 patients since 1987
- “Be The Match” maintains the world’s most comprehensive outcomes and research databases for unrelated donor transplants

You can join the registry in 3 simple steps:

- Be informed, get information
- Complete the “Be The Match” registry form inclusive of a health questionnaire and consent
- Swab your cheeks with Q-tips for special tissue typing.

For additional information please contact the Be The Match Registry Coordinator, at 815-961-2346 or visit www.rrvbc.org/national-marrow-donor-program

HOSPITALS IN THE ROCK RIVER VALLEY RRVBC'S SERVICE AREA

The Rock River Valley Blood Center (RRVBC) supplies the total blood needs of our surrounding area hospitals. We therefore, rely on donors from Winnebago, Boone, Ogle, Stephenson, McHenry, Lee, Green, Jo Davies, Carroll, and Rock counties to meet these needs.

Beloit Health System

1969 W. Hart Rd.
Beloit, WI 53511

Edgerton Hospital and Health Services

313 Stoughton Road
Edgerton, WI 53534

FHN

1045 West Stephenson
Freeport, IL 61032

OSF Saint Anthony Medical Center

5666 East State Street
Rockford, IL 61108

Rochelle Community Hospital

900 North 2nd Street
Rochelle, IL 61068

Rockford Health System

2400 North Rockton Ave.
Rockford, IL 61103

SwedishAmerican Health System

1400 Charles Street
Rockford, IL 61108

SwedishAmerican Medical Center - Belvidere

1625 South State St.
Belvidere, IL 61008

Thank you for helping to save lives in our community!

Notes:

Rock River Valley
BLOOD CENTER
Straight From the Heart



Headquarters & Downtown Donor Center
419 N. Sixth Street, Rockford, IL 61107
Toll Free 877-RRVBC-99

www.rrvbc.org