

What To Expect When You Donate Blood

Download the MKBC
Blood Donor App at
Apple Store / Google Play



MILLER-KEYSTONE BLOOD CENTER
a non-profit organization,
and the only community blood center
servicing your local hospitals.



For a list of donor center locations and hours,
please visit our website:
GIVEaPINT.org/blood-donor-center-locations.

Your Blood. Their Hope.®



MILLER-KEYSTONE
BLOOD CENTER



- Donors with a history of childhood leukemia are eligible to donate if they have completed treatment prior to age 5, with or without stem cell transplant, and/or with no recurrence.
- Donors who recently had surgery are eligible if they have completely recovered and are no longer under a doctor's care for the condition. Individual assessment by a screener is required.
- Donors recently giving birth are eligible if six (6) or more weeks have elapsed since delivery, and they are no longer under a doctor's care.
- Travel outside the United States requires individual evaluation for possible exposure to infectious diseases. For more detailed information on temporary and/or indefinite deferrals as a result of travel outside the US, visit our website at GIVEaPINT.org.



SCAN HERE for
comprehensive eligibility

or visit GIVEaPINT.org

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GIVEaPINT.org | 1-800-B-A-DONOR



SUP-MR-000005
September 2024

General Eligibility Requirements

September 2024

- Donors must weigh a minimum of 110 pounds.
- Donors must be 16 years of age or older.
There is no upper age limit for blood donors.
An MKBC consent form signed by parent/guardian is required for 16-year-olds.
- Donors who have received an ear or body piercing are deferred for three (3) months.
Unless performed at a facility on our approval list or at an established tattoo facility in the state of New Jersey.
- Donors who have received a tattoo are deferred for three (3) months.
Donors are eligible if a tattoo was applied at a medical facility and/or by a state regulated entity (eg. New Jersey) and is completely healed.
- Donors with symptoms of cold or flu, stomach virus, fever and/or sore throat are not eligible to donate blood until they are symptom free. Donors taking antibiotics are eligible to donate 1 day (24hrs) after completion of prescribed antibiotics treatment if they are system free from illness and feeling healthy and well.
Please do not interrupt a course of antibiotics in order to complete your blood donation.
- Donors with Squamous or Basal Cell Carcinoma of the skin may donate. Donors with Melanoma may be eligible to donate after evaluation by our Medical Director. Donors with Blood Cancer (leukemia or lymphoma) are not eligible to donate. Donors with other forms of cancer are eligible to donate one (1) year after the date of last treatment and determined to be cancer free.
- Donors are eligible if three (3) months or more has elapsed since a blood transfusion.

Before Your Donation

COMMIT

- Visit GIVEaPINT.org, call 1- 800-B-A-DONOR (223-6667) ext. 2, or contact your blood drive coordinator.



SCAN HERE
to commit

EAT & HYDRATE

- Please do not fast before your blood donation!
- Be sure to eat a hearty meal. Choose salty foods, as your body can lose up to 2 grams of salt during donation.
- Drink plenty of water or non-caffeinated drinks to stay hydrated.

DONATION PROCESS

- Whole blood is the most common type of donation. Approximately one pint of blood is collected and separated into red blood cells and plasma by our laboratory.
- The whole blood donation process takes on average 45-60 minutes, allowing approximately 15 minutes to answer eligibility questions and complete a mini-physical, 10-15 minutes in the donor chair, and 15 minutes in the canteen with unlimited snacks and drinks.
- Automated blood donation, also called apheresis, is the process that separates blood into individual components - red blood cells, platelets and plasma. Depending on the need, one or more components are collected, while the rest are returned to the donor.

One of the benefits of the automated collection process is that the machine separates the blood components during the donation. As a result, very little needs to be done to the components prior to transfusion. This process may take 1.5 to 2.5 hours, and is dependent on the individual donor's platelet count and total blood volume.

During Your Donation

STEP 1: REGISTRATION

- Present your Miller-Keystone Blood Center Donor ID Card or valid identification, with first and last name and photo.

STEP 2: MINI-PHYSICAL

- During the mini-physical, we check temperature, pulse, blood pressure and hematocrit. Hematocrit is a blood test that measures the percentage of red blood cells in a person's blood, compared to the total volume of blood.

STEP 3: DONOR HISTORY QUESTIONNAIRE

- For your convenience, you may complete your donor history questionnaire prior to arriving for your blood donation using iScreen (www.GIVEaPINT.org/iScreen). If you cannot access iScreen prior to your arrival, you will have the opportunity to answer your questions in a secure, private setting at the Blood Center or blood drive. The FDA requires that iScreen be completed on the same day as your donation. If it is completed on a day other than your donation, you will need to complete iScreen again at the Blood Center or blood drive.
- You will be asked to answer questions about your health history, travel and lifestyle.
- All health history information is kept strictly confidential.



SCAN HERE
for iScreen



STEP 4: DONATE

- A trained Collections Specialist will select the vein to be used and clean the area of the arm that will be used for your blood donation. A single-use kit is used for your blood donation and disposed of after the collection process.
- You will experience a brief pinch from the needle. Once the needle is in place, you will be asked to squeeze a hand grip to assist with keeping an adequate blood flow.
- To reduce the chance of a reaction, contract the muscles in your lower body by alternately raising a foot a few inches off the chair for a few seconds at a time.
- After your donation is complete, the needle is removed and a pressure wrap is applied.
- We ask that you keep your bandage on for the rest of the day. If this should get wet or need to be replaced, it is okay to be removed but a bandage should be put in its place.

STEP 5: RELAX & REPLENISH

- For your safety, you will be asked to sit on the edge of the phlebotomy bed for approximately 1 minute after your donation. You will then be asked to stay in our canteen for 15 minutes for monitoring, where you will sit, relax, and have a snack and drink with our friendly volunteers.

After Your Donation

PLEASE BE SURE TO TAKE THE FOLLOWING PRECAUTIONS:

- Drink plenty of non-alcoholic liquids for the rest of the day.
- Keep your bandage on and dry for the rest of the day.
- If the needle site starts to bleed, raise your arm straight up, and press on the site until the bleeding stops.
- DO NOT do heavy exercise or lifting.
- Do not drive or operate machinery.
- If you do not feel well after your donation, sit down immediately. Perform applied muscle tension techniques:
 - Clench muscles in legs then immediately relax the muscles.
 - After about 5-10 seconds, repeat muscle clenching and immediately relax the muscles.
 - Continue technique at about 5-10 second intervals until you are feeling better.
- DO NOT smoke for at least 1 hour after your donation.

CHECK YOUR RESULTS

- Visit the My Profile section at GIVEaPINT.org to see all your mini-physical results that were taken the day of your donation.
- If you feel sluggish, drink electrolyte replacement fluids (e.g. Powerade® / Gatorade®) and get plenty of rest.
- If you feel light-headed, lie down and prop your feet up higher than heart level until you are feeling better.
- If you do not feel better, contact Diane L. Wiest, RN at 484-225-8351 or dwiest@GIVEaPINT.org. If you feel it is urgent, contact your family physician; or if it is a true medical emergency, call 9-1-1.

...AND ENJOY YOUR GOOD DEED!

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