

ADDITIONAL SERVICES

PLATELET PHERESIS

A donation of platelets from a single donor to be used for cancer or leukemia patients.

The following services are available with your physician's prescription. Contact the CBCNJ for more information.

DIRECTED

Donations from friends or relatives to be used for a specific patient.

HEMOCROMATOSIS

Hemochromatosis patients, phlebotomy service is now available.

AUTOLOGOUS

Donating your own blood before your scheduled surgery.

**AT THE BLOOD CENTER
AUTOLOGOUS, DIRECTED AND
HEMOCROMATOSIS DONATIONS
ARE DONE BY APPOINTMENT
ONLY.**

Statistics show that most of us will need blood or blood products in our lifetime, yet less than 5% of the eligible population donate.

For additional information, or donation hours and blood drive locations,

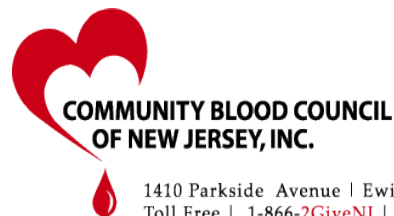
please call the

Community Blood Council of New Jersey at:
(609) 883-9750 or

Toll Free at **(866) 2GiveNJ**

You can also schedule an appointment on our web site at

www.givebloodnj.org



1410 Parkside Avenue | Ewing, NJ 08638
Toll Free | 1-866-2GiveNJ | www.GiveBloodNJ.org

Revised: 10-01-09



Serving the communities where we live.

FACTS ABOUT DONATING BLOOD



**Donate the
“Gift of Life”
Give someone
a Chance**

A NON-PROFIT
COMMUNITY BLOOD CENTER
SERVICING NEW JERSEY
&
PENNSYLVANIA HOSPITALS

WHY SHOULD I DONATE BLOOD?

Because you will be helping children and adults with leukemia, cancer, anemia, severe burns, hemophilia, accident victims, surgery patients, premature babies and cardiac patients. These are just a few of the patients who depend on blood and blood products for recovery.

BEFORE DONATING

Who Can Give Blood?

Anyone who is in good health and who is between the age of 17 and 75 years old and weighs at least 120 pounds (16 year olds can donate with parent or guardian consent).

Questions about Eligibility

Medications frequently taken by healthy individuals such as aspirin, diet pills, birth control pills and blood pressure medication are not reasons for deferral.

There are no health risks

You cannot get Aids or another blood disease by donating blood. All needles are sterile and used one time and immediately disposed of. The site on the skin from which the blood is drawn is thoroughly cleansed by a phlebotomist.

Eat before donating

You should eat a good meal within 4 hours of donating and drink plenty of fluids.

THE DONATION PROCESS

It doesn't take long to donate

First, prospective donors will register and present a signature or photo ID, then complete a health history questionnaire and screening interview. The next step involves a brief physical examination of blood pressure, pulse and temperature. Also, a small blood sample is taken from the fingertip to evaluate the donor's hemoglobin level. While the entire process takes about 45 minutes, the actual donation takes about 10 minutes.

Possible Collection Complications

Most donors tolerate giving blood very well, but on occasion reactions do occur. These can include fainting, nausea and vomiting, muscle spasms, bruising, convulsions, nerve damage and very rarely, serious cardiac difficulties. Our collections staff are trained to recognize and manage these reactions.

AFTER THE DONATION

After the donation, you will remain in the refreshment area for at least 10 minutes, have some refreshments and relax. Please refrain from lifting heavy objects and participating in strenuous exercise. Do not smoke for at least one hour.



THE LABORATORY

What Happens to the Blood?

All blood collected is taken to the laboratory at the Community Blood Council of New Jersey for processing. In addition to blood typing, each unit undergoes a rigorous testing procedure to insure its safety. Tests include screening for: Hepatitis, syphilis, HTLV, and for the presence of HIV, the virus that causes AIDS. Blood that tests positive is carefully destroyed and the donor is notified confidentially.

DONATING BLOOD CAN SAVE THREE LIVES

One pint of blood can be separated into three components. Each going to help a different patient.

1. **RED BLOOD CELLS**...have a shelf life of 42 days and are used for surgery patients and trauma victims.
2. **PLATELETS**...are good for 5 days and are primarily used in the treatment of cancer and leukemia victims.
1. **PLASMA**...can be frozen for a year and is used to treat burn or shock victims.