

What to Expect When You Donate

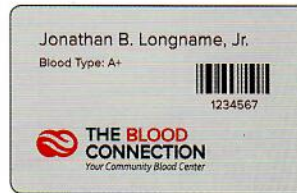
BEFORE

FILL OUT
QUESTIONNAIRE



Can be completed online at thebloodconnection.org/idhq or at donation location.

PRESENT TBC DONOR
OR PHOTO ID



COMPLETE
MINI PHYSICAL



DURING

WHILE
DONATING,
YOU CAN:



Catch up on
some reading



Play on your
tablet or phone



Watch
a movie

Donation Options

Whole Blood
Platelets
Plasma
Red cells + another component
Double red cells

Donation Frequency

every 56 days (8 weeks)
1 time per week; 24 times per year
every 28 days
every 56 days (8 weeks)
every 16 weeks

Time Required

45 minutes
2 hours
2 hours
2 hours
1-2 hours

AFTER

ENJOY A
SNACK ON US



WEAR YOUR
BANDAGE PROUDLY



SCHEDULE YOUR
NEXT DONATION

