

The Donation Process

Donating blood is a safe and simple process that takes about 45 minutes from registration through a short rest with refreshments; the blood donation itself takes 10 minutes or less. To ensure a successful blood donation, It is very important to have a full meal and drink plenty of fluids prior to donating blood.

- 1~ Provide a valid photo ID
- 2~ Complete a private, confidential interview that asks detailed questions about your health, travel, medications, risk factors, etc.
- 3~ We will check your temperature, blood pressure, pulse rate, and perform a quick finger-stick blood test to determine your hemoglobin (iron) level.
- 4~ Our skilled and experienced staff will then draw your blood. All supplies are new and used only once.
- 5~ After your donation, you will rest for 5 to 10 minutes and enjoy refreshments to replenish your fluids.

Your precious gift can help save the lives of people in as little as 48 hours after collection. Giving the gift of life will help ensure that blood will be there for you, the people you love, and anyone else who needs it.

Make a difference. Save a life today.