

## Blood Donor Qualifications and Information

YES	NO
<ul style="list-style-type: none"> <li>● Be at least 17 years old</li> <li>● Weigh more than 45 kg</li> <li>● Have slept at least 6 hours the night before</li> </ul>	<ul style="list-style-type: none"> <li>● No alcohol consumed within the last 24 hours</li> <li>● No diarrhea or cold symptoms in the past 7 days</li> <li>● Have not taken aspirin, Tylenol, and/or muscle relaxant medication in the past 3 days</li> <li>● Have not taken antibiotics in the past 7 days</li> <li>● Have not had a tooth removed in the past 3 days</li> <li>● Have not had your ears pierced or a tattoo done on any part of your body in the past 6 months</li> <li>● Have not had a blood transfusion in the past year</li> <li>● Have not had a vaccination in the last 14 days (**the flu shot is an exception)</li> <li>● Not recommended during the first 6 months after any major medical operation/procedure</li> <li>● Have no history of: hepatitis, malarial fever in the past 3 years, transmitted/infectious or blood-related diseases, asthma, allergy, kidney diseases, diabetes, heart problems, thyroid problems, drug use</li> </ul>

**\*WOMEN ONLY: You CAN donate blood if you are menstruating. However, it is recommended that you avoid donating blood if it is the first day OR if you have heavy bleeding.**

**\*\*Reminder: The flu vaccine does NOT interfere with donating blood. So, YES, you can donate blood even if you did get this vaccine.**

For more information about the blood donation process please visit the following websites:

(in Thai) <http://www.redcross.or.th/donate/blood>

<http://www.blooddonationthai.com/>

(in English) <https://english.redcross.or.th/node/49>

If you have any further questions, please email Sabrena Baiagern at [sabrenab@rism.ac.th](mailto:sabrenab@rism.ac.th).

## THINGS YOU SHOULD KNOW ABOUT DONATING BLOOD

### BEFORE: How do I get ready for my blood donation?

- Hydrate!!! Drink plenty of water on and before the day of the donation.
- EAT before donating; this is a blood donation NOT a blood test. Your body will need the energy from the food you eat!
- Maintain a healthy level of iron in your diet before donating (eat foods such as green leafy vegetables, liver, etc.).
- Avoid drinking coffee, tea, or other caffeinated beverages before the donation.
- Bring a list of the medications you are taking.
- Relax! We suggest that you bring a device and earbuds so you can listen to music.

### DURING: What can I expect?

#### Step 1: Registration

- Nurses and volunteers will sign you in and go over the basic eligibility and donation information.

#### Step 2: Health History and Mini-Physical Checkup

- You will answer some questions during a private and confidential interview about your health history and places you have traveled.
- Your temperature, pulse, blood pressure, and blood count will be taken.

#### Step 3: The Donation

- An area on your arm will be cleansed and a brand new sterile needle will be inserted for the blood draw. This feels like a quick pinch and is over in seconds.
- The actual donation takes about 8–10 minutes, during which you will be seated/lying down comfortably.
- When approximately 450 mL (1 pint) of blood has been collected, the donation is complete and a staff person will place a bandage on your arm.
- Do NOT get up immediately after the donation.
- If you feel dizzy, tell one of the nurses/volunteers immediately.

#### Step 4: Refreshments

- After donating, you should have a snack and something to drink in the refreshments area. You can leave the site after 10–15 minutes and continue with your normal daily activities.
- Enjoy the feeling of accomplishment knowing that you have helped to save lives.

### AFTER THE DONATION: How do I take care of myself now that I have donated blood?

- Hydrate more. You should continue to drink water throughout the day of your donation.
- Avoid activities that require too much energy, such as heavy lifting or exercise. Try not to exert yourself too much for the rest of the day.

*Accept our most sincere “thank you!” as well as the thanks of the people whose lives will be changed by your donation.*